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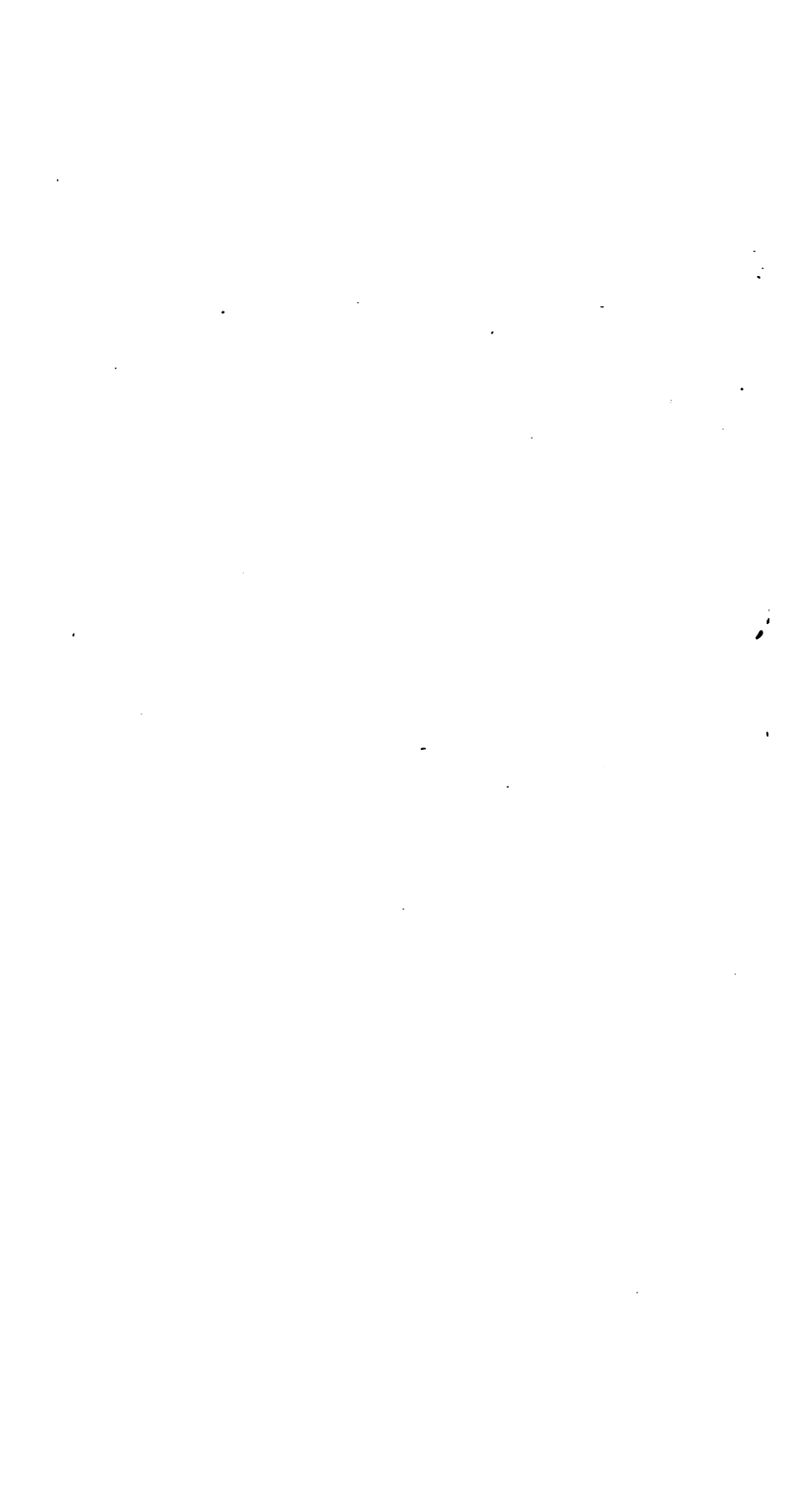


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"OUR HOME ON THE HILLSIDE."
Dansville, Livingston Co., N.Y.



James C. Jackson



HOW TO TREAT THE SICK

Without Medicine.

BY

JAMES C. JACKSON, M.D.,

PHYSICIAN-IN-CHIEF

OF

OUR HOME ON THE HILL-SIDE,

DANVILLE, LIVINGSTON CO., N. Y.

'Tis Nature cures the sick ;
Like God, she touches weakly things, and they
Revive, and put forth wondrous beauty. Bring
Your sick and suffering ones, where gently she
Can handle and caress, and nurse them. Then
Their forms, though delicate and frail, shall grow
To strength and large endurance.

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1871

Miss Harriet A. Austin, M.D.,

MY BELOVED DAUGHTER AND FRIEND,

TO YOU I DEDICATE THIS BOOK,

BECAUSE TO YOU MORE THAN TO ANY OTHER PERSON AM I INDEBTED FOR THE

HEALTH AND STRENGTH WHEREBY I HAVE BEEN ABLE TO WRITE IT,

AND ALSO FOR THE SYMPATHY

WHICH, UNDER MY ARDUOUS PROFESSIONAL LABORS, WAS

NECESSARY TO MAKE THE TASK OF WRITING

IT A LABOR OF LOVE.

I am, for the redemption of the People from

Sickness and Premature Death,

Ever yours, most truly,

JAMES C. JACKSON.

OUR HOME ON THE HILL-SIDE,

DANVILLE, N. Y.

65648



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HOW TO TREAT THE SICK WITHOUT MEDICINE.

CHAPTER I.

MY METHODS OF TREATING THE SICK.

THERE are two ways of treating human invalids; the one by means which are abnormal or unnatural, and in which agents are sought to be used, which are of such a nature or character as, when used by persons in health, make them sick or *tend* to make them sick; the other, by means which are normal or natural, and which confines itself to the use of agents, instrumentalities and influences, whose effect on the human body, in health, is to *keep* it in health. The former way I discard; the latter way I accept and follow.

I most readily acknowledge that, in making my selection, I am left in a very large minority: it being true that almost all the physicians who have ever practiced the healing art, or who are now practicing it, accept and adopt the former method; while only a few persons are with me in my theory and practice. It may readily be seen, therefore, that after the present state of opinion, I am unpopular; because to be in the

minority with reference to any set of ideas or system of conduct is to be unpopular. While, however, as regards the popularity of my methods there can be no question, it does not necessarily follow that I am not right; for, necessarily, with mankind new truths are unpopular, only those truths which, through various and powerful obstructions, have pressed their way to human consciousness and secured its respect, being entitled to be considered popular.

Notwithstanding the essential unpopularity of new truths, I have great respect for the people. Not a demagogical respect; but an honest, manly regard, founded upon a recognition of the essential and intrinsic worthiness of human nature—such a worthiness as grows up under the constitution and appreciation of its essential capacities. However these may be perverted, from want of training or from bad education, they nevertheless exist, and bespeak for themselves large respect. Because they have all the worth of human nature, and because men and women in the main, representing human nature, constitute the people, I honor them; and therefore feel that I can afford, for their benefit, to be the advocate of ideas which, when not understood, may be looked upon with disfavor, but which are yet of so much intrinsic value that, when comprehended, are sure to be looked upon with favor.

This matter of knowing how to treat the diseases to which human beings are liable, so that the sick, instead of remaining sick, shall get well, shall not die, but live, is of very great importance to the people. At

present it is understood by the people at large that they have no particular interest in the matter; that, when sick, it is expected that means will be provided for their recovery; but what these means are, or how they will be employed, it is not expected of them, nor do they desire, to know. A sick person, therefore, places himself in the hands of some medical man or woman of whose qualifications he knows nothing except in the vaguest manner. He may be of one drug-school or another, and, because of this, the invalid may prefer or reject him; but he can give no reason why he does so, except on the ground of preference, for which he has no basis except in prejudice. *Knowledge* of the subject he has not. Why an allopathist is to be preferred to a homeopathist, or an eclectic to either, the sick man cannot tell. He makes a choice; but he does it blindly. Having made it, he is no longer inquiring or anxious; his reason resigns itself. He takes the physician at just such an estimate as any person would any other *professional* of the theory of whose art or the philosophy of practicing it he had no well-founded and rational information.

It is not in human nature, in any direction, thus to place one's interests under the supervision and management of another without becoming a blind devotee, and so refusing to raise questions as to the soundness or substantial truth of the course pursued. Hence, in this country, there are no devotees so set in their ways, so impervious to the influence of truth, so difficult to induce to make progress in any direction, as those on

the subject of the treatment of disease. For want of knowledge of the laws of life, they have been induced to surrender all management of their bodies into the hands of such physicians as they respectively may have chosen. They think, therefore, not at all on the subject. They yield themselves up sacrificially to their notions, and regard the whole issue from so narrow a view as this: that whether they live or die is of less consequence than whether they are treated after the manner which they regard as scientific.

Now, in the nature of the case, there is no *reason* in this view, nor can there be any justification for such an intellectual relation to it. God has made the human frame in such a way that it is not difficult to understand and largely comprehend the leading principles upon which its healthful management depends. The laws of health and life are so related in the understanding of them to human consciousness that any human being may so far appreciate them, as, by following them, to keep in health, or, in other words, not to be sick.

This statement comports with the reason of the case. Certainly it is not to be supposed that the Creator has related a *human* creature so to the laws which govern its health and life as to make it more difficult for him to understand and be governed by them than is a mere animal to the laws which regulate its functions of life. Sheep get along from birth to death, on the whole, with comparatively little sickness. Though there are a great many sheep raised in the United States, there

are very few sheep doctors. There are a great many dogs, but very few canine doctors. There are a great many domestic birds, and birds which live independent of man, but there are *amongst them* no physicians. Yet of animals there are many species whose organization will be found to be not less delicate than man's. The horse, perhaps, approaches, in the fullness and comprehensiveness of his bodily structure, nearest to man's. Yet when he runs wild, not having been brought into contact with man so as to be subdued and made to serve him, but, on the other hand, is permitted to follow his corporeal instincts and be made thoroughly subject to the laws of his being, the percentage of those which are sick, in proportion to the whole number, is very much smaller than can be found to exist amongst human creatures of the largest reason, highest culture, and the best civilized, and Christian arrangements of living. One such fact incorporates into it significance enough for a volume of history.

If, then, it be true that God so careth for animals which are the creatures of His hand, that where they are left free to hold *natural* relations to life and health, there is but little or no sickness; or, where this exists, it is, for the most part, in consequence of deviation from the laws of life and health occasioned by accident or by casualty; how much truer *ought* it to be of human beings that they might live without sickness? Does it not commend itself to human reason that the Creator in making two structures respectively, having in view use of them, establishes securities therefor

proportionate to the ends sought by their use? If it be true that, in making man, God intends to put him to uses involving results much higher and more valuable than those to which he intends to put any mere animal, does it not follow logically that, as an all-wise Creator, He would furnish man with securities and guaranties for the use of his powers in proportion to the importance of the results He intends to be wrought out under the use of such powers? In fact, may it not be accepted as a self-evident truth, needing for its establishment no demonstration, but only the statement of it, that every organization is furnished by the Creator with securities for answering its end proportionate to its rank in the scale of being? To me the conclusion is accepted the moment the premise is fairly stated. I feel no necessity for reasoning on the subject. To conclude otherwise, with me, is to impugn the Divine wisdom. If I assume that God is all-wise, and as truthful as wise, then I conclude that whenever He exercises His creative faculty in the direction of the formation of any living organism, He necessarily must have two objects in view: one to make manifest His *power*, and the other to show His *goodness*. The first, if I may so say, involves genius, to be displayed by the very great variety of organizations which He creates. To show the latter, involves His wisdom to be displayed in the difference in rank of these organisms—this difference manifesting itself quite as much in the largeness and perfectness of the guaranties furnished to the organisms to answer the end for which

•

He designed them, as in the difference of powers and faculties with which they are clothed ; it always being evident to the close observer that according to the rank in scale of being is the creature furnished with the means of protecting itself, and, therefore, of reaching the end for which it was made.

Of all the living organisms inhabiting the earth, none rank in scale anywhere near to man. He is so far above them all as justly to be termed their lord and master. His relations to them are such that he *owns* them. Their powers are at his disposal ; his powers are not at their disposal. God has made him to rank them all, and to be so much above them as to place their very existence in his hands for his service. Can it be argued, then, for a moment, with any degree of soundness of reason, that man's relations to life and health are, for the purposes for which he is made, less secure than are the relations to life and health of animals for the purposes for which they are made ? If not, then his guaranties should be as much more numerous and his securities against disease and death as much more ample as his rank is above theirs. Proportionally, then, as much less in number of human beings than of mere animals should die of disease as the grade of rank of a human being is above that of animals ; because his grade of rank, as compared with that of animals, furnishes the exact degree of security above that of animals which God in making him gives him whereby to protect himself against disease and death. If of the whole number of human beings a greater percentage

dies of disease than does of animals, it is because human beings live so much worse than animals as not only to break down all their superior securities for protection against disease and death, but to show that their methods of living, so as to protect themselves against disease and death, are obviously inferior to those which exist on the part of animals. It seems to me that no one can get away from this view of the case, and that it tells a sorry tale for the influences which human reason has over human conduct. It is a sad commentary on the laws of God, as these are written on the human constitution, and illustrates very forcibly and vividly, I think, the extent of divergence from God's plan of life for man, as well as the degree of depravity which man has reached.

I am sure that there is no sort of necessity, and therefore no well-grounded reason, and therefore no justification, for such condition of human life as involves the subjects of it in so much sickness and premature death. In fact, there is no need of persons being sick; they can live without it. There is no need of persons dying as they do; they might avoid it. Three-fourths of all the deaths that take place in this country, within a given period of time, need not occur if such persons only *knew how to live*. For, if they had this knowledge they would not be sick, unless their sickness was induced by some extraordinary intervention: since, as the matter of man's relations to life stands in the Divine mind, it is morally certain that God's idea is that the common, ordinary, habitual conditions of

existence should be those of health, and only the extraordinary, incidental, or accidental conditions should be those of sickness.

If this be true of his relations to health, it is quite as true of his relations to life within a given period of time. The Creator's plan for man's living or dying may, therefore, be fairly stated thus: while living, to be healthful—to die only of old age.

If this view be true, is it not worthy of thought, and of candid and profound reflection, whether, under such conditions of living as exist with our people, a great reform is not necessary? and if so, whether an inquiry and an investigation into our ways, manners, methods, habits, modes and fashions of living not only are necessary, but also a looking into, and a searching analysis of, our methods of treating disease? If our people live so badly that the most of them are sick, and when sick, are so badly treated for their diseases that a great many of them die, when, by the laws of their being, they should not be sick, or if sick should be only slightly so, and scarcely ever die from sickness, does it not follow that a reform in these directions is needed? I think so; and because I do I have written this book, that the people may not only be made intelligent in respect to safe methods of treating the sick, so that they shall recover their health, but also in respect to sound methods of preserving their health.

CHAPTER II.

WHAT IS DISEASE ?

AN intelligent and precise writer, Dr. R. T. Trall, defines disease to be Abnormal Vital Action. In my own phrase, I call it Vital Action in excess. With physicians generally, as I understand them, disease is supposed to be a substance of some sort, existing in the system, which is to be ferreted out and expelled by medicine. At any rate, under the various definitions which medical men of different schools have given of the term, I am only able to conclude that such is their idea of it. I do not believe that disease is anything but a morbid condition of the system, or results of morbid conditions; that it is to be characterized, therefore, only as a manifestation of vital force;—in some instances, parts of the body having vital force excessively shown, while at the same time, in other parts of the body it is deficiently shown. The disease may be located at the point where the deficiency is shown or felt, but this does not weaken the correctness of my statement.

For instance, a man may have cold feet, and it may be, that when he undertakes to describe his conditions, he will speak of them in such a way as to convey no other idea than that both the origin and the seat of the

difficulty are in his feet ; but the cause of his having cold feet may be a disturbed circulation, the blood going from the extremities to the upper portions of the body and there, being *in excess*, produces congestion of brain. From this determination of the blood to the head away from the feet, the sensation of coldness is made to exist. If warm feet are to be had, the blood must be made to return from the head to the feet. The man himself would say that his disease was in his feet ; a physician who understood his case, decidedly would say that he was suffering from congestion of the head.

A like illustration, and a very pertinent one, may be had in the case of constipation of bowels. Very many persons suffer excessively from inactivity of the bowels, no natural motion taking place, but only a motion induced by the influence of medicated agents internally or externally applied ; describing his case a sufferer from chronic costiveness would speak of his disease as beginning and existing in his lower bowel ; but a physician would know almost instantly that the constipation from which the person suffered was the natural and legitimate result of an over-taxed brain. As soon as the brain became so over-worked that it could not remain in a healthy state, congestion of it took place, defective action of bowel followed, to increase in its frequency and severity until a constant, habitual and severe constipation was established.

In these cases, which may serve as illustrations for hundreds of others similar to them, the organ or structure made to suffer is the focal point at which the vital

force shows itself abnormally, but in deficiency ; and the reason why it does is because at some other point of the system the vital force exists in excess, thereby originating disease. Thus a man may have his difficulty originate in his brain and manifest itself in his lower bowel. So it does not follow that there is no vital action anywhere in the system in excess, simply because at some particular point of the structure of the body vital force exists insufficiently to enable the parts to carry on their functions healthfully. Wherever then, one part of the body has too much vitality distributed to it, and another part has too little, you have a diseased condition necessarily at one point and not unlikely at both. At whatever point the morbid manifestation is seen, there you will have it according to the nature and uses of the structure affected. Disease, therefore, if it is to be especially characterized at all, may be said to be a unit, inasmuch as the subject of it is a unit. Much more largely may this be said to be the case, because of the fact, that wherever a given structure serves the use of several organs, to have that structure diseased, so as to affect different organs, a manifestation of morbidity will be shown corresponding exactly to the nature of the organ affected.

Take the mucous surface, or internal skin, which extends from one part of the system to the other. Let unhealthy conditions of it be established at a given point and there will be a form of disease corresponding to the nature of the structure affected. If the mucous membrane of the stomach becomes affected, you have

gastritis ; if the mucous membrane of the eye becomes inflamed, you have ophthalmia ; if the mucous membrane of the ear becomes inflamed, you have otitis ; if of the throat, you have bronchitis, or inflammation of the lining membrane of the bronchial tubes ; if of the nasal passages, you have nasal catarrh ; if of the buccal or cheek cavities, then you have swelling of what is called epithelium. In all these cases, however, it is the mucous membrane which is diseased, and its effects are modified by the nature and uses of the organ involved.

If one wants to cure disease, therefore, let him find out just how far the abnormal vital action exists, and then let him proceed to treat the case on the basis of reconstituting healthy vital action. When this is done the disease is cured ; for no one can have disease who has such a condition of body that his vital force works through it precisely according to the laws which are made to govern it.

CHAPTER III.

THE TRUE MATERIA MEDICA.

EVERY physician feels that in order to treat human diseases skillfully, he must have proper medical materials. With most physicians, these are largely made up of substances whose natural, ordinary and legitimate effect upon the human body, when taken into it, in a healthy state, is to make it sick. They may be characterized, therefore, as unfriendly to the health of the body, and are to be denominated poisons—a poison being any substance or thing which, when taken into the circulation, destroys the health or the life of the body, or tends to destroy these. How it has come about that rational creatures should conclude that a substance or thing whose effect upon the human system, when in health, is to disturb, derange, disease, or kill it, may be regarded as a safe medicament when it is already diseased, I cannot say. It seems strange to me that it should be so, because it is clear to me that it is irrational. I can readily understand that if the diseases which human beings for the most part have, were of a nature or kind to involve the direct action of chemical laws, drugs and medicines might be made to subserve a salutary or therapeutic purpose; but as

the converse of this condition is true, persons, for the most part, who are diseased being sick after such a manner that there can be no direct therapeutic action of chemical laws, the drugs and medicines which are given to them cannot serve a therapeutic, but only a destructive purpose.

For instance, if a man has a disease of the liver and a physician administers to him calomel, there can be no chemical action set up in the system such as will change the nature of the calomel and the nature of the matter of his liver, so as to produce a new or third substance, to be classified or termed calomelate of liver. Where chemical laws operate by bringing two substances into connection which can affiliate, or operate, or work by the law of elective affinity, the original substances thus brought together and mutually acted upon are lost, and a new substance is created. But physicians of the drug-giving schools, by whatever name these may be called, do not pretend, much less assert, that in the giving of their various poisons, these, under their introduction into the circulation and passage through the system by means thereof, meet substances which are themselves poisonous, and, therefore, directly productive of the ill-health or sickness from which the subject suffers, and with which substances their medicaments unite, and so, a neutralization taking place, the disease is cured and the health of the person restored. Probably, outside of those derangements which occasionally are caused by the taking into the human system by mistake of deadly poisons, no medicines known

to the *materia medica* of any of the drug-giving schools are administered, whose curative effects are wrought out under a chemical union between such so-called remedies and poisons already existing in the system.

If, then, it be true that chemical laws do not tend generally to produce curative results where persons being sick recover from their sickness, the drug-giving theory substantially and essentially is a fallacy. For, when chemical laws are not in operation vital laws are; and these in their nature and in their influence on the human body utterly forbid the taking into it, for any purpose whatever, either to sustain it or cure it of disease, any substance or thing whose nature or composition is such as to make it unfriendly to the health of the subject taking it; and whatever is legitimately and naturally unfriendly to the health of a person is, to a certain degree, unfriendly to his life. The vital or living forces are all established and placed in command of the physical organism for the purpose of maintaining and preserving life. Whatever, therefore, tends to injure or to destroy life, necessarily arranges the vital forces against it.

In looking around, then, for a *materia medica* wherewith to treat the diseases of the human body, I was led to discard all those substances, no matter how high in repute they stood, or might stand, with the medical profession at large, which, in their making up, were composed of constituent elements to be denominated as unhealthy or life-destroying. Having excluded all these, I accepted all those substances whose organiza-

tion is such that their constituent elements are friendly to health, and, therefore, to the support of life.

These, and these alone, constitute my *materia medica*. On them I have depended during my twenty years of practice, in which time it has been my fortune to treat, undoubtedly, a larger number of sick persons by far, than any other man has ever treated who has never given drugs or medicines. In my entire practice I have never given a dose of medicine; not so much as I should have administered had I taken a homeopathic pellet of the seven-millionth dilution, and dissolving it in Lake Superior, given my patients of its waters. On the other hand, I have treated every variety of chronic disease known to the medical men of North America, and have also treated a very large number of the *acute* diseases known to them. My success has been such as to justify the statement, that at least ninety-five per cent of all who have come under my professional supervision have been so helped during the time they stayed with me, or have been thoroughly cured while under my care, as to be perfectly satisfied with the benefits received. When it is taken into consideration that chronic diseases are much worse to treat than acute, because the active, vital force is much less; because also, in many instances the subjects have been drugged until their morbid conditions have assumed a fixed habit which requires a great effort of nature to break up, my success, I think, speaks for itself, and must go far to overcome prejudice, and to create confidence in its correctness and competency.

I have used, in the treatment of the diseases of my patients, the following substances or instrumentalities : First, air ; second, food ; third, water ; fourth, sunlight ; fifth, dress ; sixth, exercise ; seventh, sleep ; eighth, rest ; ninth, social influences ; tenth, mental and moral forces.

The combinations which a thoughtful physician can make of these agencies and instrumentalities are very comprehensive and efficient. The necessity for their use is more or less admitted by physicians of all schools ; but, relying on their specific medicaments as they do, they fail to study how to combine these, and so often fail to overcome the morbid conditions under which their sick ones are placed.

Take, for instance, that terrible disease, pulmonary consumption. However far it may have advanced in its ruinous effects, inside of producing organic lesion to the lungs, it is most clearly curable ; and there are of hygieo-therapeutic agencies three or four, each of which, standing by itself, is of great value in the production of cure ; but when all are properly combined, their effectiveness is much more than arithmetically increased.

Air is necessary to human life and health, so is food, so is water, so also is sunlight. If the first mentioned of these agents alone be used, so as to give to it its largest effectiveness, either in the prevention or in the cure of disease, while the others are not used so as to give by any means their largest effectiveness in the same direction, but are so employed as greatly to

diminish their efficiency, then air, in the way in which *it* is used, becomes much less therapeutic in its influence than it would be were the others properly connected with it, and so a skillful combination of them all were established. Many consumptive persons are aware that they can only live by thoroughly aerating the blood. They therefore are particularly careful in their efforts to do this; but, while in this special direction they do all that is needful, they fail in other directions where carefulness in the use of hygienic agents is quite as important. I have known a great many persons who were troubled with pulmonary diseases to take particular pains to live in the open air; but they were entirely careless in respect to the use of foods, styles of dress, exercise, rest and taxation of their nervous systems; and they certainly cared nothing for sunlight, nor did they make any substantial curative use of water.

In treating human diseases, I early became aware how much greater additional force could be gained for the recovery of the sick by a skillful combination of various therapeutic agents. I knew that men who gave drug-medicines sought to make such combinations of them as would add to the sum total of effect desired. I reasoned also that the same principles might be made to add to the efficiencies of my practice; and so I took into account the propriety of large and comprehensive combinations, and have always sought to make my treatment compound in its nature, and proportionally effective.

In placing myself as a hygienic physician before the public, having charge of an institution, I determined that I would have the largest possible combinations, and the most comprehensive arrangements of means possible to get. So in seeking to locate myself I sought a place where I should have not only good air but plenty of sunlight; and not only these, but where I could readily and easily procure the very best materials for food, and also where I could have in plentiful quantity, pure, soft, living water. I also took into account the importance of being so situated as to give to my sick ones quiet, freedom from social interference, freedom from conventional rules, freedom from artificial, fashionable and false methods of living; where also they could have social influences of the highest order, and thus have for their use the best and highest combinations of natural therapeutic agents. Thus convinced, and thus determined to have what I wanted, I succeeded in finding them, and so have been able to make their application in a broad, comprehensive and successful manner.

My treatment has been *Psycho-hygienic*—by which term I mean treatment according to the laws of life and health. It does not necessarily follow that because one is treated according to the laws of health he is, therefore, treated according to the laws of life. The lesser does not include the greater, and the laws of life are greater than the laws of health; for those take hold of the essential, incorporeal part of a man, and they reach his responsible nature, governing, what

we are pleased to call, his soul as well as his body. They are intended to train, culture, educate and perfect his spiritual as well as his bodily organization. So they range on a higher plane of action than those simple rules whose sphere is confined to the body alone. I have come to regard, therefore, the Psycho-hygienic as a superior method of treatment to that of the simply hygienic. I think I have good reason for my preference: for many persons, first and last, have come to me to be treated for diseases which were of such a nature as to baffle the best application of drug-medicating physicians; to baffle also the skill of the simply hygienic physician; but which diseases were rapidly cured under the application of the Psycho-hygienic treatment. Counting in the influence of mental and moral causes in the production of diseases, I have found that mental and moral therapeutics, added to those which are simply hygienic, have enabled me in many instances to succeed where others had failed, and where, had I not used them, doubtless I also should have failed. I recognized, however, as of very great effectiveness, the use of the ordinary hygienic agents.

CHAPTER IV.

AIR.

It is of very great importance in a large class of diseases that persons in order to recover should have pure air, and plenty of it, to breathe. Almost all the diseases (and they are quite numerous) which arise from deterioration of blood or from bad and imperfect circulation of it, may be said in good measure to be caused by want of proper aeration of the blood. Almost all diseases of the lungs are to be largely accounted for under defective use of air, springing either from want of it or from the impurity of it. Many of the diseases of the skin have their predisposing, and some of them their proximate origin in defective or insufficient use of air. Not infrequently are diseases of the bowels to be attributed to the same cause. Air, therefore, may not be simply regarded with great favor as a prophylactic agent—an agent whereby disease may be prevented; but as a therapeutic agent—an agent whereby disease may be cured. But in order to have it as efficient as possible it needs to be pure atmospheric air; not such gases as are found in cesspools, in pestilential districts of country, in large cities, in crowded halls, in unventilated churches, in close and unaerated sleeping rooms,

but such air as is pure, and therefore free from noxious or destructive elements.

It will take a great while for the medical world, and a good deal longer for the people at large, to learn that in the treatment of any disease arising from non-aeration of blood, no remedy can be found to work with such therapeutic surety as pure atmospheric air, rightly applied. Until the medical profession discerns this and instructs the people in it, resort will be had to all sorts of agencies supposed to be particularly curative for the overcoming of lung diseases. Meanwhile the whole system of practice will continue to be as it has hitherto been, a decided failure, and the subjects of such treatment will continue to die.

As the Psycho-hygienic treatment comes to be understood, death from diseases of any and every kind will be steadily less frequent, until at length persons who have accepted and followed this philosophy of living, will know nothing about sickness. They will live from birth, to death by old age, without aches or pains.

And when this philosophy of life comes to be universal, sickness, except from casualties or accidents, will cease to be. Children will be born, and have no diseases in childhood, in youthhood, at adolescence, at adult or middle age, but will go from the cradle to the grave without being sick, dying *when their time comes*.

CHAPTER V.

FOOD.

IF there be a class of diseases arising from the use of impure air, and therefore dependent for their cure upon the use of pure air, it is also true that a very large class of diseases originates in the use of unhealthy food. Probably there is no so powerful predisposing and provocative agent in the production of the diseases common to our country, as improper food, and it would not surprise any one that it is so, were he to reflect, after seeing to what degree the people of this country eat unhealthy food,—food which in its very nature is calculated to produce diseased conditions of their bodies,—food whose *effects cannot* be otherwise than to produce diseased conditions of their bodies. Yet they eat without any question, and, when sick, yield themselves with the blindest devotement to the hands of men who, however much they may justly claim from their learning, have never yet found out a better way to treat a human creature who is sick, than to give him, for the purpose of curing him, some substances or things which, if they were administered to him when he was in flush of health, would be sure to make him sick.

Gluttony is a very great cause of disease. It is a

prevalent vice with our people. Its existence depends largely upon the kinds of food eaten by them. Were they to eat different kinds of food from what they do, they would cease to be gluttons. While they eat as they do, they must be gluttons. If one knows enough about the question to understand how a depraved state of the blood can produce disease, he will find, if he stops to think, that a very large class of diseases can have no other origin than this.

If we begin with the head and travel downward to the feet of the human body, we can readily arrive at some definite and certain data on this point. Bad food can be the direct cause of scald-head; sick headache; neuralgia in the face; sore eyes; blind eyes; deaf ears; ringing in the ears; sore external ears; internal ulcers of the ears; nasal catarrh of the front and back passages; bronchitis; goitre; sore mouth; carious teeth; swelled tongue; ulcerated larynx; follicular ulceration of the pharynx; tubercles in the lungs; inflammation of the lungs; palpitation of the heart; inflammation of the diaphragm; acute inflammation of the stomach; dyspepsia in all its protean forms; torpidity of liver; enlargement of the liver; ulceration of the liver; calcareous formations in the liver; chronic irritation of the duodenum and chronic inflammation of it; chronic inflammation of the large intestines; scrofulous depositions in and around the mesenteric glands, establishing marasmus, or consumption of the bowels; congestion of the kidneys; congestion or inflammation of the neck of the bladder; seminal emissions in men; leu-

corrhœa in women; piles; neuralgia of the legs and feet; rheumatism of the muscles, of the joints, of the nerves; paralysis; apoplexy; bilious fever; fever and ague; remittent fever; typhoid fever; typhus fever; spotted fever; congestive chills; diarrhœa; dysentery, and many other diseases.

Does it not stand to reason if these diseases owe their origin, as they often do, to the use of bad foods, in connection also in many instances with an improper use of other hygienic agents, that if food and these other agents were properly used, persons would not have these diseases. Does it not also follow, that having thus lived so as to produce these diseases, to stop using food, and other hygienic agencies improperly, and to set about using them properly, such persons, if curable, must get well more surely than by the use of any other agents or instrumentalities. In my judgment, to state the question to an honest mind, is affirmatively to answer it. Hence the Psycho-hygienic treatment of disease is sure to result in curing it, where the method is fairly adopted and faithfully applied, in all those cases where the diseases have been caused by unhygienic methods of living.

CHAPTER VI.

WATER.

THE hygienic, as well as the curative, properties of water have been more or less known for thousands of years. As far back as we have a written record of nations, Asiatic or European in their origin, there are proofs going to show that water by them was regarded not only as a preservative to health, but as a curative of disease. From its nature, it is the only universal solvent, and alone can serve that purpose to man. I need not make this chapter a lengthy essay on its nature. It ought to be, and doubtless will be, sufficient for me fairly to call the reader's attention thereto. Its organic elements are two gases, hydrogen and oxygen; their relative proportions, eighty parts hydrogen to twenty of oxygen. These, united in this proportion, make water. Under any other proportion they will not make water. Pure water, therefore, consists of these two gases in the degree of union which I have stated.

It is of great consequence in the maintenance of human health, and of quite as great consequence in the restoration of it, that so far as water is concerned and is to be used, it should be pure. Whenever it is

so, it is soft. It becomes hard only by the introduction of some substance or substances into it. To the degree that it is impregnated with these does it lose its essential properties as water. If, for instance, there is held in suspension in it the carbonate of lime, the water becomes hard. If to this be added magnesia, soda, iodine, common salt or sulphur, it becomes medicinal; one cannot use it for purposes of external ablution, nor as a diluent by drink, expecting to have it serve him the same purpose or produce the same result as though it were pure. As a preventive to disease, and, consequently, as a curative thereto, it is superior in its pure state to any which has admixtures of other substances in it. This statement may seem to be extravagant, but it nevertheless is strictly true. Within the last twenty years there have been growing up evidences of this. It will take twenty years more, perhaps fifty, to create such an accumulation of proofs as will be convincing to the great mass of the people. But such conviction is sure to come as the proof gathers; and when it does, the value of pure water over water impregnated with earthy salts, no matter what the combination of these may be, will be clearly understood, and, I hope, at least measurably appreciated.

When it is considered that five-sixths of the entire human structure is made up of water, it may count somewhat in aiding persons to understand why water should be regarded as such an efficient curative agent. Viewed only as a detergent or skin-washer, one can-

not well overestimate its curative effects. The people of all nations have ever felt this more or less to be so. Ignorant of physiology as they, for the most part, have been, not being able to give a scientific explanation of its use, they have used it, doubtless, in a great many cases, in ways and forms that have been mysterious; but, nevertheless, they continued to use it, instinctively feeling that their health, on the whole, was made better by it. Some few facts have been gathered up, from time to time, by men who have travelled largely and made themselves acquainted with the personal and social habits of different peoples, going pretty conclusively to demonstrate, that wherever the inhabitants of any nation have lived after a fashion inducing them to frequent and somewhat long-continued bathing, they have been free, in large measure, from the diseases common to the people of countries who bathe little or none.

I am disposed myself to accept the conclusion, that in all cases of constitutional scrofula, where the external or the internal skin becomes the legitimate receptacle and exhibitor of the impurities of the blood which has either been defectively organized or reorganized, by living largely in the use of water as a cleanser of the external skin, and by drinking it as a cleanser of the internal skin, such diseases can be clearly kept within the narrowest manifested bounds, or can be thoroughly and completely cured.

For instance, take a scrofulous child and place it in relation to the uses of pure water, where every day it

shall be bathed or bathe itself in it from one minute to one hour in the form of a swimming-bath, which, perhaps, would be the best bath, given to it as soon as it shall acquire the capacity to swim, and follow up this habit by the drinking largely of water and the eating largely of foods of which water is a chief or important constituent, the disease of such child will necessarily and surely disappear. The child, instead of being puny, will become robust—such change taking place in it as will amount to a constitutional recasting of its forces.

I think that daily bathing by swimming would be of the very highest service to all children, provided always that the water in which they should swim was soft; and provided, also, that they were accustomed to it from a very early period in life. Occasional swimming-baths are more likely than not to be detrimental; but constant and frequent baths in this direction would be of essential service.

I say swimming-baths, in distinction from all other kinds of baths; because to be in the water and to be actively exercising one's muscles, as must be done in the act of swimming, is to produce a very different result, both as regards the efficiency of the excretory organs not only, but of those whereby tissue is formed. For it is not to be overlooked that the activity of those organs whereby tissue is broken down and the matter eliminated from the system, is, in many instances, directly favorable to the action of those organs whereby tissue is made up. To have healthy assimilation, one

needs to have healthy excretion. Where the latter is deficient, as is often and almost always the case with scrofulous persons, to improve this is to improve the former. One of the best ways to give action to the excretories in the human body is to set the muscles at work while the body is in water. Swimming, therefore, is of itself a very great means to this end.

Many persons fall into the error of supposing that salt water is better adapted as a curative than fresh water, and therefore prefer to bathe in it; but there is nothing of force in the view. Salt water may be preferable to bathe in to fresh water from one consideration: its specific gravity is greater than that of fresh water; its composition, therefore, is denser, and the person who can swim but poorly, or ever so well, swims easier in it than he could do in fresh water. It has this advantage and no more. In other respects, it has its disadvantages. Whatever may be the curative effects produced by swimming in it, these, as in fresh water, are to be attributed largely to the increased action of the excretories induced by it when the muscles are in exercise. If one could contrive to get, in his own house or in any public institution for the treatment of the sick, baths so arranged as to be administered to persons only when they were in active, bodily exercise, a great advantage would be gained. In fact, in order to have such effect produced as is desirable, physicians, in giving baths to the sick, have found it necessary to get up a substitute for the physical exercise of the patient while taking them. Thus,

when one needs or wishes to have general ablution, physicians, particularly of the Water-cure school, have all come to feel that the subject of such bath will be better affected by it, to have his skin well rubbed and washed in the water of the bath by one or more attendants. To sit down in water, though it should be to the immersion of the whole body up to the neck, and remain motionless, though the bath were continued for an hour, would not excite the excretories to their proper energy and use to the degree that would be done in five minutes were the patient vigorously rubbed all over his body by an attendant. This simple fact goes to show the value of taking baths in ways and forms that can induce exercise while taking them. A good swimmer can stay in the water ten times as long without injury, and with positive benefit to himself, as he could do were he unable to swim. In such cases, therefore, where there is constitutional or functional inertia of the eliminative organs, frequent bathing is advisable, provided, always, the person is habituated to it from early life, and also is so constituted as to be able to take it in a form that subjects him to active muscular motion.

If this statement be true with reference to diseases which are scrofulous, it is also true with reference to all those diseases where more rapid metamorphoses of the tissues than exists is to be desired. As a great many diseases originate in, and are dependent upon faulty excretion, in this direction bathing becomes of great consequence. To the degree that action of the

external skin is more desirable than action of the mucous membrane, does bathing possess a superior importance to catharsis. It is the common practice with our people whenever sick from faulty excretion, to seek to rectify the defective condition by inducing increased action of the mucous surfaces of the bowels. This is not, by any means, so desirable a method of getting up the necessary vigor of the excretories as that of increasing the action of the external skin. Physiologists tell us that five-sevenths or six-tenths of all the waste matter which is carried out of the human body in a healthy person passes through the external skin. This is a very large proportion in itself considered; but when it is remembered that the lungs, bowels and kidneys are also excretories, the proportional effectiveness of the skin is seen to be very great.

In very many ways, therefore, may bathing be made productive of the most desirable results. I am not only not an advocate for frequent bathing as this is carried on in most Water Cures and in private families whose members are believers in water-cure, but I am decidedly opposed to it. This arises, however, largely from the way or manner in which baths have to be administered. To sit down in a tub three or four times a day, for from five to thirty minutes each time, is to bathe after a style or method quite likely to induce diseases far more difficult to cure than those from which the patient, by his bathing, seeks to be relieved. Such have been the destructive effects of sedentary or motionless baths, as these have been given, or have been

advised to be given, by water-cure physicians in the United States, that I do not think I exaggerate when I say that there have been ten times as many persons injured by water-cure as have been benefited by it. The cause of these ill results has not been in the want of the adaptability of water to the disease treated, nor yet in the inadaptation of the body to the use of water in itself considered, but in the way in which the water has been applied. Had the same amount of bathing been given to such person in a manner calculated to increase the action of the blood-forming organs, while the eliminative or tissue-destroying organs were at work, health, instead of ruinous disease and death, would have been the result.

Take, for instance, the disease called pulmonary consumption. If a person knows anything about the nature or working of this disease, he knows that its destructiveness generally consists in the fact that the tissues of the body, already organized, are being broken down faster than by means of food and drinks new tissues can be made; so the body becomes consumed, and this is what gives the name of consumption to the disease. Now, if it could be so contrived that, while the tissues were being rapidly broken up, by reason of the excessive activity of the excretory organs, the nutritive or accretory organs could be so quickened as to enable them to make tissue faster than it is wasted, the person could not only not die of consumption, but he would get well.

As bathing has been generally practiced in this coun-

try in the last twenty years in Water Cures and in private families, the effects on persons of constitutional consumptive habit of body, or on persons already having the disease, have been so ruinous that there has come to exist a wide-spread impression that whatever may be the curative efficiency of water in many diseases, its effects necessarily are most destructive and deadly in all cases where consumptive tendencies or conditions exist. This popular conclusion has grown out of the want of knowledge on the part of hydropathic physicians or of private hydropaths how to apply water in such ways, as, while purifying the body by aiding to excrete from it waste matters, acrid and poisonous in contact with living tissue, to build up at the same time new health and life-sustaining material. Let it be understood, therefore, that for consumptives, motionless bathing is bad. Wherever water is applied, it should be so as to get up readily and surely external capillary circulation. One bath a week to a consumptive in such a way as without his own particular agency to secure thorough circulation to the skin, is worth a dozen where the skin has no external appliance made to assist it in establishing a thorough flow of blood through it. All persons having diseases, therefore, arising from faulty excretion or from faulty nutrition, in the one case needing a more efficient action of the lymphatics, and in the other of the nutritive absorbents, should take their baths in such a way as to insure positive voluntary or involuntary muscular exercise according to their strength. Bathing, therefore, connected with

swimming, or bathing connected with what is called Movement Cure, would make a compound treatment or very great service.

The curative effects of water depend, or may depend, largely upon combining its use with other hygienic agents. Properly united to these, its therapeutic value cannot be overstated. Doubtless it is the most efficient of all remedial agents. Greater effect for good can be produced by it in a given time, than by any other agent known to man; for greater changes can be produced by it. When it is combined with other hygienic agencies it may have its efficiencies greatly increased. The people of the United States do not by any means bathe enough; they would be far healthier if they bathed more, and the more they do bathe, if they only act with some common sense in the application of water, the more they will come instinctively to understand and appreciate the value of other hygienic agencies both in the way of preserving health and curing disease.

CHAPTER VII.

TIME FOR TAKING BATHS.

As to the time for taking baths, my observations and experiments unite to commend that as the best in which the human body is in the highest degree of legitimate vigor. It is not always true that the strength which a person shows is legitimately exhibited. Circumstances may conspire to evoke it, so that the period when it is manifested and the way of its use are abnormal. For instance, some persons are stronger in the afternoon than they are in the forenoon ; some early in the morning rather than at eleven o'clock ; some persons are much weaker at midnight than at any other period of the twenty-four hours. My opinion is, that in a healthy state and under natural conditions of living, the human body is, by the law of its organization and its action, stronger at or about mid-day, than at any other period in the day ; because then does the largest combination of hygienic agents exist to affect it, and as the primal use of these is to invigorate the body and preserve it from debility and decay, when they are in their largest measure of unity they will the most powerfully affect it, and when they do, it will be in the highest degree of its strength.

Strength is developed in the body by various means. The air we breathe evokes it if there be plenty of oxygen in it; the light which falls upon us, if we are rightly related to it, is a tonic. The water we drink tends to give tonicity to the system. The temperature of the atmosphere is bracing, if it is rightly related to us, and we to it. So that of a truth it may be said, that to the degree a man's body is naturally related to its uses, and to the causes which affect it to invigorate it, are its conditions of resistance to disease more favorable than otherwise. When, therefore, one finds out just at what point of time, according to the laws of his organization and the laws of agencies and influences that affect that organization, his body is the strongest, that time is the best to bathe, whatever the form of bathing may be.

Beginning at the time of waking in the morning, the strength of a man cannot be as great as after he has been up awhile. Sleep not only relaxes the muscles, but sedates the nerves of the muscles. Sleep also tends directly to lessen the action of the heart. Other things being equal, the pulse is always slower when a person sleeps than when he is awake. One having slept all night, and waking up in the morning, scarcely ever feels as strong as he does after he has been up awhile. The reason is a good one, and is obvious. He has lost, by his entire suspension of his mental and physical activities, temporarily the use of his powers; he must have a little time, at least, to take them up and get them under command. To bathe, therefore, when one gets

out of bed in the morning, is, if it can be avoided, undesirable. If there is a choice to be made between morning and evening, I should say the evening was far to be preferred to the morning; because when one's work for the day is done, and he looks forward to a period of rest, there need be no objection to his bathing. The bath, however, should not be warm or cold; it should be simply tepid. After it, the bather should retire without delay. A recumbent posture of the body and plenty of warmth are prerequisites to successful results.

If one cannot bathe in the morning, and had better bathe in the evening of the two, still better would it be for him to bathe at or about twelve o'clock, and then lie down for an hour or two. But this is available to persons only who eat two meals a day; say, breakfast from seven to eight, and dinner from two to three. If three meals in the day have to be eaten, one of which comes at about twelve o'clock, no person should bathe at a time closely proximate to his dinner. Many ill results might ensue from bathing too soon before dinner, or too soon after it. In some instances I have known almost fatal effects to follow the taking of a bath just after a dinner. But if one can see the value of infrequent indulgences in food, and can courageously and satisfactorily arrange his times of eating to twice a day, say at eight o'clock in the morning and three o'clock in the afternoon or thereabouts, and so can take an hour or two to rest at about twelve o'clock, then about that time is the true time for bathing; for then will the reaction be all the more vigorous, and at the same time

it will be all the more effective. I think that a great advantage which patients get who come to our Institution is to be attributed to our two-meals-a-day system; for in following it out as we do with great regularity, we are able to map out the whole twenty-four hours of our people with a distinctness and carefulness which does not generally obtain in houses whose members live upon three meals a day, and who perform their other duties with more or less uncertainty and indecision.

Of the forms of bathing which we adopt, I take pleasure in commending my readers to an enumeration made of them by Miss Harriet N. Austin, M.D., Editor of "The Laws of Life," which is to be found in the back part of this volume.

CHAPTER VIII.

SUNLIGHT.

THE influence of sunlight in changing morbid conditions of the human body is coming to be regarded as quite effective. I look upon it as one of the best hygienic as well as therapeutic agents at present known. In the prevention of disease it has long been considered of large import; but it is only within a few years that it has come to be regarded as particularly valuable in the cure of disease. I do not know of any man in this country who has made as constant use of it as I have; and I can say that according to the use I have made of it have correspondingly desirable results followed. Particularly in the treatment of diseases induced by derangements of the circulation, and of diseases of the nervous system, has its competency been very largely proved.

The Institution over which I preside stands on a hill-side, with a south-western exposure. The light of the sun falls on the slope soon after the sun rises; and, if the day be clear, there is but little shadow, except where shade has been made, until the sun goes down. Out of the one hundred and seventy-five to two hun-

dred patients that we have during the summer probably two-thirds of them take sun baths. Our plan of giving them is as follows :

A large blanket or comfortable is spread down upon the green grass. A shawl or cushion or pillow serves for the place on which the head rests. When the patient lies down, a small parasol, umbrella, or small shelter-tent protects the head from the rays of the sun, and the rest of the body lies unshaded, clad in as light colored clothing as the patient may be able to wear. The bath is taken from a duration of twenty-five minutes to three hours. In some instances the patient lies four or five hours. When this is done, it is under the express order of one of the medical staff, and because a certain result is desired to be produced. To have from seventy-five to one hundred and twenty-five persons lying down on the beautiful green slope thus exposed to the sun, for sixty to ninety days in the summer season, is a sight worth seeing. The effect on the persons is quite as astonishing as the sight to the new observer is strange. Many of these persons who have failed under the application of the best tonics and anodynes soon become so strengthened and innervated as to be able to sleep, not only when they go to bed at night, but also while taking their sun-baths. I have on various occasions gone around among my patients as they lay stretched on their comfortables or india-rubber blankets, and found two-thirds or three-quarters of them fast asleep. This sleep is very refreshing

because of the great sedation through which the nervous system temporarily passes.

I have observed that persons who could not be made to sleep by administration of opiates in any of their various forms of preparation and administration are peculiarly good subjects for nervous sedation under sunlight; and that persons who are readily affected to sleep by the use of opium in one or other of its various forms of preparation, do not *readily* go to sleep when lying down in the sun. Such persons go to sleep better in shade. I think it will be found true, as a general fact, that all persons who take opiates fall asleep better in darkened than in lightened rooms; and that persons who are made wide awake by the use of opiates go to sleep better in light or sunshine than in shaded or darkened rooms.

Many persons out of the whole number who come to us for treatment have taken a great deal of narcotic medicines. They are in conditions of reaction to their use; that is, their nervous systems have become so accustomed to their presence in the circulation as to be unable to show any natural relation to their uses, and therefore can only show reactionary activity. In this condition, of course, the more they take of any of the narcotic medicaments the more nervous they become, and so their physicians are compelled to dispense with them. Unfortunately, when one who has long taken narcotics for the purpose of producing sedative conditions of the nervous system has gotten so that he cannot produce sedation, but only its counterpart, irrita-

tion, he has reached the point where he can neither comfortably do with it nor without it unless substitution of some other sedative is made.

I doubt not many persons have observed, without being particularly impressed by it, what I have been led to observe, and professionally have been called to reflect upon and draw conclusions with respect to, that persons of peculiarly feeble conditions of body, who have long been shut up in the house, when favorably situated so as to take out-of-door exercise, either by walking a little while and then sitting down in an easy-chair in the sun, or riding in a buggy with the sunlight striking them fairly, readily go to sleep. I do not know how many hundreds of feeble men and women I have, in my day, seen go to sleep by being taken out of their shady rooms into the sunlight and there permitted to sit awhile. Almost always they go to sleep.

Sunlight, therefore, may be said to have two great influences upon the human body: a direct effect on the nervous system, immediately energizing it and making the person feel strong and sleepless; and the indirect effect of making the person feel tired and sleepy. Therapeutically considered, it is to be regarded as one of our most powerful remedial agents, and has, in my estimate, come to fill so important a place in Nature's *materia medica* as to give me great confidence in being able to use it in the treatment of certain diseases with a success that challenges my highest satisfaction.

There is another aspect in which sunlight may be

considered as a therapeutic agent. It is the effect which it has in breaking down the tissues of the human body. Its influence over the eliminative forces is confined almost entirely to their effect on the muscles. On the accretive forces its influence is confined almost entirely to the building up of the nerves. A man, therefore, who lives out in sunlight will grow thin in flesh but full in nerve. His muscles will diminish, but as they diminish his nerves become increased in size and strengthened, and their action on the muscles is such as decidedly to strengthen these; so that when one comes to look at him and judge of his strength by his apparent bulk, if he does not understand and fully appreciate the effect of living largely in the sunlight, he will greatly misjudge his muscular capacities. It is because of its greater prevalence during the long days of summer that men, other things being equal, become thinner in flesh than they do during the winter. They grow spare because of the rapid metamorphoses of the muscular tissue which their exposure to the sunlight induces; but they always are able to work harder and stand more taskwork than they are during those portions of the year when, the days being shorter, their exposure to sunlight is less. Notwithstanding the heat of our climate during the summer solstice, our working-men are always able to do more work than they possibly can do in the winter. It is owing to the innervation which their nervous systems take by being exposed to sunlight.

Still another view of the effect of sunlight on man

is worthy of notice, in the conditions of brain which it induces, affecting thereby his mental, moral and spiritual faculties. The more a man lives in sunlight, other things being equal, the more vigorous will his brain be; the more vigorous this, the more energetic and competent to their office will his mental faculties be. On the brain, particularly, the effect of sunlight is to magnetize it; and magnetism is, in itself, a very powerful though a very occult force. Whoever has a brain which is largely magnetic, though in size it may be much smaller than some other brain which is not magnetic, has a central force which the unmagnetized brain can never show. The difference between men and women in this direction is particularly observable. Men, living so much more in the sunlight than women do, are magnetically charged daily. When in the performance of their duties their mental faculties have been so exercised as to use up the nervous force which the brain had at their disposal, rest from work and thought, with proper food and subsequent life in the open air, again fully charges their nervous systems with magnetism.

Thus, if you take a man who comes from work into the house at night, so tired as hardly to be able to move one foot before the other, and give him nutrient food which is unstimulating, and rest, pure and simple, he will wake up in the morning feeling refreshed but not invigorated; he will feel rested but not strong. Rising from his bed and dressing himself, he goes out into the sunlight. In a little while his strength comes

back to him. Now, this strength is the result of the magnetic influence of the sun's rays on his body. Containing both light and heat, as these do, the circulation is quickened, the nervous centres are charged with an electric or magnetic force which the rays contain, and so his whole system is re-energized. The benefit of light to him is seen in the fact that, other things being equal, he will uniformly feel stronger in a sunshiny than in a shady day. There may be as much heat at disposal, and many other external surroundings, all of which are favorable to the re-invigoration of his body; but he cannot feel as strong when the sun is in cloud as he can when it shines down upon him through the pure blue of heaven. Then he becomes magnetized to that degree that he will be all the more vigorous for having felt its rays. This is true of him, if he is habituated to it, up to the point where his nervous system can bear it. It is not for want of invigoration that a man feels debilitated in a bright, sunshiny, hot summer day; it is because the heat of the sun's rays is disproportionate to the man's capacity, or, because by the purity of the atmosphere, the sun's rays emit so much light that this overcharges him and induces immediate reaction, and so he becomes weak from being over-magnetized, as a man becomes weak from being overfed, or becomes weak by drinking of stimulating liquors. Keep him within the natural bounds of his capacity to absorb and take in the magnetism which the sun's rays furnish, and the man is always made the better by it—better, not only in respect to those

capacities whereby pure muscular strength is to be shown, but greatly better in those directions where vigor of mental faculties is to be desired. A magnetically charged brain is a substance containing wonderful force. According to the organization of the mental faculties, in and through the brain, will this force be specifically or generally shown. If there be in the structure of the brain such an organization of the faculties as to give to one or more of these predominating influence, then when you charge the whole brain with magnetism, will these particular organs be made the recipients of an amount of vigor proportional to their size and importance.

Say that you wish a man largely endowed with the purely intellectual faculties to show their best and greatest efficacy on a given occasion, you can find a more competent influence in the sun's rays by five hundred per cent than you can in the best preparations of alcoholic liquor that you can procure for him. Let him have an opportunity to go out of doors, and to stay there long enough to feel directly and positively the effect of sunlight upon him, and then set him to his intellectual task-work, and he will do it as much better than he can under the influence of liquor as one can imagine.

If this be true in the direction of energizing one particular order or class of faculties, it is equally true with respect to any other order or class, and also equally true with respect to all of the faculties considered each by itself or in combination.

Under this view of the case, one is prepared to make some sort of just comparison between the intellectual and moral forces which men and women show, and to make a just allowance for the difference, based not on the constitutional superiority of one over the other, but based on the superior conditions of living of one over the other. I think it may be said with perfect truth, that no living organism, of whatever species, whose subject has a brain, a pair of lungs, stomach, bowels and back-bone, can ever be equal in the exhibition of capacities, if it be kept in shaded sunlight, to what it would be if permitted to follow out its own habits in unshaded sunlight. A dog kept in the woods will degenerate and become wolfish; a wolf kept in the open fields, where sunlight could shine on him, would gradually find his wolfishness disappearing, and inchoate dog-qualities taking their place. So all along up the grades of animal life, superior qualities are uniformly found existing in animals of the same species as these live in unshaded sunlight. This is just as true of Humans as it is of animals; whoever lives habitually in shadow grows weak; whoever lives habitually in the sunlight grows strong. This is not only true of the body itself in its various parts, but is true of all the intelligent and responsible faculties which reside within the body. If women lived in the open air as much as men do, they would have capacities as much greater than now as men have now greater capacities than they would have if they lived in houses like women. At least, if women are now

fifty per cent inferior to men, and a social condition were to arise wherein they were to be called upon to do such duties or to work such work as would compel them, in the doing of it, to live in the sunlight, and the men were to be called upon to do such duties as would keep them altogether in the shade, not a generation would pass by before the relative conditions of these parties would change. The women would be then as much superior to the men as the men are now superior to them. Of course collateral influences would assist to produce this result. I do not mean here to affirm the equality in the powers of the sexes; that does not involve itself in the point I am urging; but I do mean to say, that so far as magnetic influence is dependent upon sunlight, and men have more of sunlight than women, it accounts for their superior mental vigor; and that if one wishes to increase the strength and active capacity of woman's mind, in this country no single thing can better subserve that purpose than to give her large opportunity to live in the sunlight. I am disposed to think that such would be the effect upon her brain and her ganglionic nervous centres as largely to increase the capacity of her nutritive system; and wherever you find in a person a vigorous cerebro-nervous system and a vigorous organic-nervous system, you find in that person marked elements of character. Give to him opportunities to work these up into shape and form and you have a man or woman of character.

Life, therefore, in the open air, where one can get all

the sunlight he needs, does directly tend to promote largeness of character. In this respect, to turn woman out of the house into the open air and give her sunlight instead of shade, would produce two very important results in the production of which no doctor would be needed. First, her body would become so invigorated thereby as to overcome, by its own vital energy, in large measure, the diseases to which she is subject; and these diseases are very numerous and very obstinate, and in a great degree defy the drug-medicating remedies. Second, it would, by invigorating her health and particularly strengthening her brain and blood-making system, produce a modification in her desires, wishes, aspirations and hopes. She would take to things of a more substantial and enduring nature on which to expend her intelligence and her affections. She therefore would become more manly and less effeminate, while she would not take on any more of the masculine nor lose any of the feminine which constitutionally and properly belongs to her. Every way, then, she would be an abler representative of womanhood than now.

In my observations of the effect of sunlight upon living organisms, I have been led to conclude that, while in a human being the effect is to hasten the metamorphoses of tissues, in many animals its effect is to check that change. I account for this on the ground that in man the cerebro-nervous system predominates over the organic-nervous system, while in the animal the organic-nervous system predominates over

the brain-nervous system. I think this difference in the relative conditions of the two nervous systems in the two organisms will sufficiently explain the difference in effect.

CHAPTER IX.

DRESS.

PERSONS who are sick should cover the body with clothing so as to insure, as far as possible, a proper circulation of the blood, and preserve the equilibrium of the nervous system. Many diseases arise from disturbed circulation, inducing oftentimes congestions of a severe character. Where these exist they may not infrequently be entirely relieved by inducing a better circulation through improvement in dress.

For instance, I have cured a man of a very severe and painful headache, lasting through a period of ten years, simply by changing his head-gear. He always wore a stiff hat, the rim of which around his head pressed so upon the integumental circulation as seriously to impede it. By changing the hard hat for a soft one—a small hat which would stay on his head by reason of its pressure, for a large one which he had to keep upon his head by an india-rubber elastic under his chin, his headache entirely disappeared. So, also, in several instances have I relieved persons who were suffering from severe congestion of the lower part of the forehead, or of the frontal sinus, by no other method than to induce them to take off neck-ties or necker-

chiefs. In a good many instances have I succeeded in curing clergymen of the disease commonly known as "minister's sore throat," from which they had suffered for years, notwithstanding they had applied various remedies recommended to them by members of the medical profession, by inducing them to take off their neckerchiefs, and let their beards grow. I cannot tell how many, many women, suffering from congestion of the throat and lungs, it has been my good fortune entirely to relieve, simply by imposing upon them the wearing of loose-waisted dresses; for one of the most active causes in the production of diseases of the lungs is that which compresses the chest. The lungs, in order to be healthy, must have through their cells plenty of atmospheric air in circulation. If there be in them what doctors call "residual air," it must be there in quantity sufficient to expand the air-cells thoroughly. Congestion of the lungs necessarily takes place whenever, from any cause, the air-cells are shut up. Then the blood-vessels become turgid and swollen with blood, and so incipient disease is instituted.

So, also, have I succeeded in relieving a great many persons of painful and severe sensations in the stomach, by causing them to wear loose dresses. In truth, though it is not generally supposed, dyspepsia is as frequently induced by pressure from clothing over the stomach, as lung disease is by pressure over the lungs. I have been led to think that Nature more thoroughly dislikes outrages of any and every kind committed upon the stomach than upon any other vital organ in

the body. It may be that such outrages can be borne better than by the lungs, liver, heart, or kidneys, but it does not follow, because there is an intense vital resistance to ill conditions belonging to the stomach, that, therefore, the injury is proportionally less. For, wherever vital resistance is to be made against the establishment of morbid conditions of any organ, the sum total of vital power is proportionally diminished ; so that organ, though successful for the time being, is made ultimately to wear out and break down all the sooner. It should not be forgotten that thousands on thousands of persons in this country die every year simply from loss of organic power of the stomach. It becomes worn out. It is as easy for the human body to become incompetent to answer its purposes, and so die, by reason of a single organ in it being broken down, as it is for any other machine. If a wagon is so related to its use that the axle-tree breaks, the whole structure becomes useless ; and if the body is so used that its stomach wears out, the whole becomes of no account. As the stomach, of all the organs of the human body, is the most severely taxed under the various habits of life common to the American people, so dyspepsia has come to be the great prevailing household disease with our people.

Dress has very much to do in laying the foundation of those difficulties in the stomach which are prevalent with us as a people. More particularly has it to do in this direction with women ; because, while they eat as badly as men, they dress worse with respect to the

vital action of organs connected with the making, the distribution and the purification of blood. No evil connected with dress, as it is commonly worn by the women of this country, save one, is greater than this of bringing to bear external pressure upon the body at the point of the stomach. All bands, belts, cinctures, strings of every kind, should be taken off from a person whenever he or she is sick. The most thorough freedom from external pressure over the stomach, as everywhere, should be had whenever one is compelled by sickness to take a recumbent posture. I have seen a good many persons who were so sick as to be compelled to keep to their beds, and be under the care and oversight of physicians, whose invalid dresses were very objectionable. If they were men, they perhaps wore shirts whose neck-bands met in front, and buttoned so tightly as to check the circulation to and from the head. They also had their shirt-sleeves buttoned at the wrist so tightly, as to check the circulation down and up the arm. They not infrequently had upon them dressing-gowns, as they are called, tied around their waists by a silken-tasseled cord. If women, they not only had in their dresses the same obstructions, but in their other arrangements had additional ones. Where persons are chronic invalids, and are not entirely confined to their beds, the style of dress usually worn by women in this country predisposes not only to disease—not only causes certain diseases—but positively maintains them and prevents their cure.

Of all predisposing and provoking causes to disease

by means of dress, no one is so powerful as that of long skirts. These, commencing at the termination of what is usually described as the waist, are so arranged to the body at that point as to establish a pressure on the bowels, inducing mechanical displacement of them. As these are forced down into the cavity of the abdomen, they press upon the organs situated in the pelvis, and, throwing them out of place, induce quite a large class of morbid conditions. Thus, piles is often induced by falling of the bowels; so is relaxation of the muscles of the lowest portion of the intestine, causing a falling of the bowel, very uncomfortable not only, but establishing such connected relations with other organs closely allied to it as to produce morbid conditions of them. In men, oftentimes, falling of the bowels affects the bladder and the genitals; in the bladder, causing irritation of its neck, thereby making it uncomfortable for the person for any length of time to keep water in it; affecting also the genital structures, creating reactive irritation in them, and inducing a secretion and involuntary flow of seminal fluid, establishing spermatorrhœic conditions of the structures, greatly debilitating the person, and occasionally making him a very great sufferer.

In women, mechanical displacement of the bowels, inducing fall of them, establishes more extensive and complicated diseases than in men. For instance, crowding the bowels down by means of pressure from dress upon the waist, creates an elongation of the round and broad ligaments by which the uterus is suspended in the

pelvic cavity, and thus causes it to prolapse. Whenever prolapsus of the womb takes place, it cannot be decided beforehand just what condition it will assume. It may be pushed in a direct line down the vagina—that makes simple prolapsus. It may be turned, its lower part backward and its upper part forward—that would be ante-version. It may be pushed with its lower part forward and its upper part backward—that would be retroversion. Whatever be the exact position it may take, its being pushed out of its place by pressure from above, renders its condition morbid, and so establishes a morbid condition of other organs. Diseases of the vagina are often established by having the uterus displaced. So are diseases or derangements of the bladder and rectum. The most inveterate constipation of bowel sometimes is to be attributed entirely to the pressure of the top of the uterus backward upon the lower bowel, thus hindering, by mechanical obstruction, the descent of the *fæces* and their passage. The same may be said of the bladder. Women not infrequently are made severely sick by derangements in the organs of the pelvic cavity, and these are caused by their bad style of dress.

It was with reference to a better method of treating diseases peculiar to women, that Miss Austin and myself were led to invent the American costume, which, by the way, is about as nearly like what is commonly known as the Bloomer costume, as an elephant is like a rhinoceros, but which persons in the community generally suppose to be in style and effect on the body

synonymous with it. Being called upon to care for a very large number of invalid women, afflicted with diseases peculiar to themselves, we set ourselves at thought to know, if possible, how these diseases came about. It is hard work to deal with effects unless one becomes considerate of, and intelligent in respect to, the causes which produce them. If you cannot find these out, your treatment is, at best, empirical. What made our lady guests sick in the direction where their diseases manifested themselves, became, therefore, a matter of very serious and earnest inquiry. We asked ourselves, Were they made sick from want of original vital power? We answered this inquiry in the negative. Were they *made* sick by drug medication? We said, no; they were only *kept* sick by it. Were they made sick by faulty diet? We said, no; notwithstanding we felt that in this direction they had greatly erred, and oftentimes to that degree to constitute depraved or deteriorated conditions of blood, which predisposed them to sickness, but not to the particular disease, to be treated for which they came to us. For it is rather a curious fact that of the thousands on thousands of women that have consulted Miss Austin and myself, having been before treated for diseases peculiar to them as women, many of them complained of no general ill-health. They would each say to us, "Were I free from this local difficulty, I should be in good health; but I suffer such pelvic bearing down; such urinary irritation; such rectal inflammation; such vaginal weakness, as to render my life wretched. I

cannot walk, nor sit up straight; nor ride in a carriage; nor exercise my arms. I am dropping to pieces. I am being cut in two. There is a knife-cutting, needle-sticking sensation in and through my body just at the hips."

Now, not overlooking the influence of general causes in the production of disease, we could not account for the establishment of these conditions through their influence alone. We said there must be some particular morbid force at work to create this particular class of diseases. As the result of our reflection and investigation, we found no cause so powerfully inductive of sexual debility, of genital congestion, of uterine inflammation as that of dress.

Having satisfied ourselves as to the cause, it was easy to define a remedy. This remedy was twofold. First, to take off the pressure from above by loosening the skirt at the waist and shortening the skirt below; and, second, to clothe the lower limbs with warm covering, the direct tendency or marked effect of which would be to promote in them a better circulation. Thus we relieved the organs by taking away the mechanical forces whose pressure had displaced them, and we also removed the congestion of the blood-vessels of such organs by establishing a healthy circulation through them and through the lower limbs.

Women who wear "the American costume" are in many communities laughed at and ridiculed. In some communities they are disturbed as they walk the streets. This should not surprise any one. The American people are organized so as to be able to be very narrow-

minded, and, unfortunately, they are educated to be so. What, therefore, to them is new is more likely than otherwise to be untrue. They reason, with reference to what takes place, from their own limited observation and education. So whenever they see a woman dressed in a sensible, healthful, appropriate costume, such as Miss Austin and many other women in this country wear, they are led to judge of them in the light of their own knowledge and culture. This being quite narrow with reference to the great doctrine of liberty, they are disposed to interfere with the freedom of such persons by instituting, if possible, conditions of discomfort for them. But these in nowise operate upon any sensible woman to dissuade her from taking such measures as are physiologically necessary to maintain her own health; for while it is true that a great many women in this country can wear a style of dress such as is usually worn by our country-women, and not consciously suffer severely from loss of health, there are a great many who cannot wear it without being made sick by it.

That society should regulate itself toward woman in such a way as to make her sick in order to keep her within its ideas of propriety, seems to me to be morally wrong; at least it does not seem to me to be logically right. Every human being has a *right*, as against every other human being, to use his own powers to the confirmation of his own happiness, when in doing so he does not invade the rights of others. If, in the pursuit of his own undoubted right, others are made un-

comfortable, their remedy lies in removing from his neighborhood, getting away from him, leaving him in the possession of what they are compelled to acknowledge as his rightful liberty while they go where they also can be free.

A reform, therefore, in the dress of woman from the very facts of the case has to be made. Dressing as she does, she cannot be healthy. Dress differently she must, or else become sick and remain so. Whoever undertakes to say that it is the natural condition of women to be unhealthy, utters an untruth; for sickness is not the natural condition of any class of human beings, and to be natural in our relations to life is our God-given right. Neither one nor many, neither a single person nor society, neither society nor government, has a right to say that any human being shall so live under social rules and regulations as necessarily and inevitably to be made sick thereby. Whatever restraint is imposed by fashion, custom, etiquette, or statutory law upon any person, this must not be so laid as to invade his natural rights to the healthful use of all his faculties and powers.

Of all the causes which induce derangements of the sexual structure of women, indicating, as these derangements do, debility or want of power of the organs to act normally within their sphere, I know of none so potent in producing them, so efficient in maintaining them, as the clothing of the legs in long skirts. The wearing of these directly tends to induce local derangements of the pelvic organs in two ways: *First*, Dis

turbing the circulation of the blood through the legs. It is a fact that the habitual wearing of long skirts so deranges the circulation of the blood in the legs that a great majority of women suffer from a low temperature of the lower limbs without being conscious of it. Their feet and ankles and legs will be cold to the touch of the physician when they themselves are not conscious of their being cold. In my professional relations to women suffering from uterine diseases, I probably have found as large a proportion as seventy-five per cent of the whole number thus unconsciously affected. Feet, ankles and knees clammy cold, and they affirming their limbs to be warm ! While the nerves of motion have not been affected in any way to loss of action, the nerves of sensation have been seriously affected and impaired. They do not *know* that their limbs are cold. Their legs are in the same conditions to sensation that one's finger is at its tip when it is girted quite tightly below the first joint. Every one knows that if an elastic, seeming only at first to press slightly upon the finger, is placed around it below the first joint, and left there for any length of time, the finger becomes at its extreme end less sensitive. It will be found to be the case where persons are in the habit of wearing finger-rings, as many women do, that the fingers on which they are worn are less sensitive at the tip than the other fingers are. Whenever the hand gets cold, the ring-finger is less cold than the others. There is less sensibility there. Insensibility is produced by disturbed circulation.

Second, Women so dress themselves as to wear garters just below the knee, and belts just above the hips. In the passage of the blood down the action of the heart is somewhat impaired by these obstructions; but the force to return the blood backward is greatly impaired, and the blood itself, in its return, greatly impeded by this sort of pressure. Where one man will be found in this country to have varicose veins in the legs, fifty women will be found to have them, not infrequently having them above the knee, because of the impeding of the blood in its passage upward by means of the ligatures placed around the leg below the knee and around the body above the hip. Whenever from any cause a lack of sensibility to the condition of a given structure in the human body is established, great disease of that structure may be made to exist without the person knowing it or even suffering from it.

If you take a horse whose foot, from having in it chronic inflammation, is so tender as to make him, whenever he uses it, go lame, and perform an act of neurotomy on him, by severing the nerve running down on the inside of his leg, you destroy sensation in the limb entirely. The horse then cannot go lame. Drive him over the hardest pavement, and he goes as well as he ever did in his life; because there is no connection kept up between the sensorium and the limb whose nerve has been cut. Girt a woman's leg, or girt a woman's body just above the hips, so as to impede the action of the nerves of sensation, and insensibility to

a certain degree is induced, and then she cannot tell when her legs are cold. Her power instinctively to appreciate and discern the condition is gone, and, practically, this is the case with a great proportion of the women of this country. They are so abnormalized by their style of dress that they do not know when their legs are cold.

Coldness is the absence of heat, and heat is induced in the human body by means of the blood. The blood contains the heat. Heat is generated in the system by vital processes; the blood is the distributor of it. A man could not have heat in his body if his blood were cold. You could not warm up his flesh and leave his blood cold. You *can* keep his blood *hot* and leave his flesh cold; but the coldness of the flesh is simply because, at the particular point where the sensation of cold is found, the blood does not circulate sufficiently; if it did, it would keep him warm. In any temperature, no matter how low, if you can keep up a good circulation of the blood through the system, you can keep up heat. In no temperature, however high, can heat of the body be maintained unless the circulation is kept up. So derange the circulation of the blood through any part of the body that it is lessened in quantity or freedom of flow at that point, and sensation of chilliness will be felt unless sensation be impaired. So derange the circulation of the blood at any point of the body that it is excessive in quantity, and an undue sensation of heat is established unless sensation be impaired.

Under the present style of dress commonly worn by the women of this country, imperfect circulation of the blood becomes an habitual condition. As the legs come to have less blood flow through them than is natural, the organs of the pelvis come to have more blood flow through them than is natural; so these latter become congested, then irritated, then inflamed, and not infrequently made to take on a suppurative state.

In the production of the morbid conditions of the sexual organs of women, there is another cause, originating in their style of dress, to be counted in addition to that of defective circulation in the lower limbs. It is the unnatural motion to which the legs have to be put when in use. No woman wearing a long-skirted dress, no matter whether this be petticoat or gown, can, in the act of walking, use her legs naturally. The propelling power of the human leg, physiologically considered, is divided between the muscles above the knee and those below, so that the latter centre in themselves about sixty-six per cent. In walking, one goes over ground rapidly, not chiefly because of the size and power of action of the muscles of the legs lying between the knee and the hip, but mainly by the size of the muscles of the legs lying between the knee and the ankle. All celebrated pedestrians have been found to have the muscles of the calves of their legs proportionately much larger than the muscles of the calves of the legs of persons who did not possess great power to walk, over and above that proportion which exists between the muscles of their thighs respectively. Let

a person keep up the bulk of the muscles of the body at large, and yet, from some cause, have the muscles of the calves of his legs diminish, and he will be able to do hard work which does not require him to walk very much as thoroughly as he ever was. Let him diminish the muscles of his body at large, so as to make him incompetent to lift or do hard work of a sedentary character, if he can but keep up the muscles of the calves of his legs, he will be able to walk better than he can do anything else. The muscles of the calves of the legs in a human being concentrate his propelling power, as the hind legs of a horse concentrate in themselves his propelling power. All horses which are able to get over the ground rapidly have their propelling power concentrated largely in their hind legs. The calves of the legs to a human being are to him his hind legs. They furnish the means of his ready propulsion. The thighs of a human being in their muscles constitute the fore-legs. They help him to keep his equilibrium when in motion, to maintain his centre of gravity. That is their chief object.

At once it can be seen, from an organic or structural view, how needful it is in the act of walking to have the legs free, from the knee down, from all obstacles which impede their action at that point. Whenever a human being brings her dress below the knee, it unfits her decidedly for the act of natural and easy walking. It is not the weight of the skirt that does the damage, it *is the length of it*. Make it of gauze, for what I care, and you create the difficulty. Make

it of broadcloth, and if the muscles of the thighs, the small of the back, the dorsal muscles, and abdominal muscles, are strong enough to enable the person to bear the weight, she does not add a particle of difficulty to her act of walking thereby. Of course, if these are feeble, she cannot carry the weight; but if these are strong, she can carry the weight, and walk just as well with a long skirt made of broadcloth, as with one made of silk or barege. The difficulty, then, does not lie in the weight of the skirts which women wear, but in the fact that they are so related to the use of the limbs, that freedom of motion cannot be given to them below the knee, and so, being hindered in their use, they are impeded in their motion.

Just at this point comes into operation one of the fundamental laws of nature, with reference to the uses of the human body. It is this: that whenever an obstruction arises to the use of a given organ of the human body, the principle of substitution or accommodation shall be made active. If the blood cannot flow through one set of veins, immediately substitution of another set of veins is made. If one set of muscles cannot be used for the purpose of propelling the human body, another set of muscles must be used. When in the act of walking, the muscles of the calves of the legs are only partially permitted to work, another set of muscles is instinctively summoned up to do the work. These are the muscles of the upper portion of the thigh, of the seat of the body and of the lumbar region.

Just think, then, of dressing a human body and setting it going, after a way or manner greatly to impede the action of those muscles whose particular office it is to propel it, or enable it to move from place to place, and putting the locomotive labor on another set of muscles whose office it is, mainly or largely, to keep the body in erect position while it is moving from place to place. It is easy to see what must be the consequences sooner or later of doing so. These are three-fold. First, the walking-muscles, or those of the calf of the leg, shrink, and ultimately become greatly diminished in size and vigor, in the cases of thousands of women, to that degree that their legs below the knee are frequently not much larger at the largest point than they are at the ankle. Second, the act of moving becomes unnatural, lacking, of course, ease and beauty. Third, pelvic congestion takes place because of the unusual task-work to which the muscles of the thigh, the small of the back, and the abdomen are put. Here, then, we have the pathological conditions made clear which the wearing of the long skirts legitimately creates. They are of various sorts in their nature, and ruinous both to the health and symmetry, and to the activity of the bodies of those on whom they are imposed.

I take it upon me to say, without fear of successful contradiction, that no woman can habitually wear a long-skirted dress, and have a healthy, symmetrical body, and a natural style of walking. When ladies come to us broken down with ill-health, and suffering from local diseases, as hundreds of them do every year,

the uniform testimony which they themselves furnish is, that when the short skirts are substituted for the long skirts they do not know how to use their legs. Some of them say they feel as if they should fly, as if their specific gravity had suddenly become lighter than that of the atmosphere, and as if they should float in the air. Others say that they do not know how to walk, their support has been taken away; they feel as awkward in their attempt to move about with their limbs thus unshackled as a man would feel awkward to appear before an audience on a broad rostrum who had been accustomed to speak from behind a breast-work called a pulpit. Such a man would not know what to do with his legs. Their perfect exposure would very likely entirely disconcert him. But this is but a small consideration compared with the fact that almost all the women in our country have deformed legs. If not deformed in their structure, they are positively deformed in their action. When they walk, the main propelling motion is seen to originate in, and dispense itself through, the muscles of the hips and thighs; and thus, as they put one leg before the other, there is a peculiar outward segmentary swing to it, such as is never seen in a man who is naturally as well constructed in the locomotive organs as women are. Upon taking off the long skirts, and dressing them in a style that permits entire freedom of the leg below the knee, they seem to have no power to bring the propelling muscles into action; hence, their walk is more like a waddle or a wiggle than anything else. First, one side

of the body gets itself on, then the other. They seem to have no power to direct straightforward propulsion of the leg. It is such a deformity as is very much to be deplored, and its consequences are terrible by reason of the transference of the propelling power from the muscles which are constituted to exercise it, to muscles whose chief office is other than this; and in causing them to appropriate more blood than they ought, induces congestion of those organs that lie within the pelvic cavity.

At first this view of the case may be thought far-fetched, but my observation and experiments, constituting my experience, have demonstrated its correctness beyond doubt to me. At any rate, so far am I satisfied of the truth of the view, that for the last seven years in the treatment of female diseases at our Institution, no matter what their particular form has been, we have never felt ourselves called upon to make specifically restorative application to them. For leucorrhœa, or whites; prolapsus-uteri, or falling of the womb; for ante-version, or retroversion; for ulceration of its internal cavity, or for chronic inflammation of its neck, we have not been under the necessity of doing anything specific beyond the simple application of detergent or cleansing baths. But of all the instrumentalities which we have used, we have never found a single one so curatively efficient as a change in the style of dress from that usually worn by women to the American costume.

Such a fact, it seems to me, is entitled to challenge the respectful attention of all persons who desire to have their country-women have good health. When it comes to be considered that our invalid women have not only come to us very sick or debilitated, or physically enfeebled, so as to be incompetent to the performance of their ordinary duties for which, in other respects, they are, for the most part, well fitted; but that, in addition to this, they have come to us after having tried the remedies of the drug-medicating schools until they were tired of them, and not unfrequently have also gone to Water Cures where they have been treated as well as the physicians knew how, and yet got no benefit; but upon coming to us and being placed under our regimen, and adopting the American costume, they immediately began to get well, and went on until they thoroughly got well; the statement incorporates into itself very greatly additional significance. How is such a fact as this to be accounted for? One cannot laugh it down, nor sneer it down, nor ridicule it down, nor make it go down by despising it; nor can it be mobbed down, nor legislated down, nor adjudicated down. Forever it rises to the surface, commanding the attention of all those before whom it is fairly and legitimately presented.

So we, then, of "Our Home on the Hillside" think dress has its great recuperative aspects, and of these we mean to make all the use we can. To all invalid women suffering from diseases of the organs of circu-

lation, nutrition, excretion and muscular motion, I do most earnestly recommend the American costume, as I do to all women who, not having such diseases, wish to avoid them.

CHAPTER X.

EXERCISE.

THE disease-preventing effects of well-regulated exercise physicians of all schools acknowledge. They are often led to say to men whose health is rather delicate and who wish to improve it, or whose health beginning to fail them they feel the need of invigorating: "Your lives are too sedentary; you need more exercise. If you will walk, row, ride on horseback, play ball, go a-fishing, hunt, or change the conditions of your life by changing the scenes of it, you will prevent your sickness." This advice is good. When properly followed, its effects rarely fail to be seen. The therapeutic effects of exercise are not so well-understood by physicians as they ought to be; or, if they are, they are not sufficiently pressed upon those who place themselves in their care. This may be in part owing to the minds of such physicians as rely largely on the remedial efficacy of drugs, being prepossessed with the value of their specific remedies. Or, it may in part be owing to their never having acquainted themselves with the therapeutic effects of muscular movements.

Exercise, to be of decided therapeutic value, needs

to be systematized and brought to bear upon debilitated parts with regularity. Some diseases contraindicate exercise of certain portions of the body, while at the same time other parts of it may be greatly benefited by being put in motion. I have no doubt of the advantage to the sick to be derived from what is termed "THE MOVEMENT CURE." Necessarily, however, its advantage is limited, and, therefore, it should not be presented to the consideration of the public as a specific for a very great class of diseases. To the degree that medical men advocating it have lifted it into such importance as to make the sick rely upon it as a cure for whatever ailments human beings may have, to that degree have they done truth and their own representations injustice. Connected with the use of other hygienic agents, it may be, and often is, curatively of great service; but to think of making it of any very great benefit to any person who is an invalid because his habits or general manner of living in other directions is objectionable, is absurd. A man may have a torpid liver, or a half-withered arm, but exercise of the arm or manipulations of the muscles over the liver, will not bring about curative results, while every day of his life he is bearing himself to the great question of nutrition or elimination, so as to keep up a decided and positive disturbance of his body in the direction where restoration is needed. Very many persons can be found who are suffering from shriveled muscles of the lower limbs, one leg being much smaller than the other, who can never be cured by any rubbing, bend-

ing, patting, extension of the muscles of the limb involved, while they eat and drink and sexualize as they do, and do many other things directly calculated to overtax and debauch the nutrient and motory nervous systems. Exercise, therefore, of any muscle, must be valuable just to the degree that change of its molecules or constituent particles is needed; if too large, by reducing them; if too small, by increasing them; how to do this being the question. He who has at hand in the largest measure, the resources of the general system to aid him in producing this specific effect, is, by all odds, the best physician, and the surest to cure. For it should never be forgotten that all specific effects in the highest measure are to be induced just in proportion as the general resources of the system can be wrought up to that end. If vitality at large is to be expended in a dozen different directions at once, it stands to reason that where a great result in one of these is desirable, there is not so much probability of its being brought about as though there was more power at command. Expending power in one direction forbids results being produced by the proper expenditure of it in another direction. One cannot have power at command for one purpose, while he is using it, or has used it, for another.

Right here, it may, perhaps, be as well for me to say what I think in respect to the misapplication of vital power in the treatment of a great many diseases; since, by such misapplications of power are the failures of physicians in a great many instances to be

accounted for. The law of curative action is the same in the human body as it is in all organized bodies, specific effects being wrought out only as vital power is used in conformity with those general principles upon which life and health are maintained in such organisms. The art-curative, therefore, is but a special application of the art-preservative. Who wants to cure a sick person or thing, must, necessarily for his success, be dependent upon, first, the use of vital force; second, upon such use of it as is in entire conformity and subordination to its general action in the system of the person or thing to be cured. Hence, specifics, in the treatment of disease, are good for nothing unless they play into the hands of the preservative force. Whoever undertakes to cure any living creature of any disease which it may have by the use of means or substances, agents or influences, which are not conformable to the preservation of the health of such creature, is sure to be defeated of his object.

This principle being true, specific treatment for disease of any and every kind, is much less necessary than is generally supposed, the law of special action being largely dependent upon the law of general action. It is not objectionable to use specific means to induce special results; but there is less necessity for it in the treatment of most diseases than physicians and patients generally suppose. In truth, if the general principles upon which the health of the body is dependent were carried out, specific diseases would be greatly lessened in number. I have no question but

what a large proportion of the diseases which now challenge the attention of medical men, would in a very few years entirely disappear, if the laws of life and health were once accepted and obeyed by our people. Almost all the diseases that affect adults would soon cease, and, in time, be forgotten.

The truth of this statement may in part be made clear by the simple assertion of the fact that many diseases which were known a thousand, five hundred, three hundred, one hundred years ago, no longer exist. The influence of personal habits, of society, of political and governmental institutions, of religious agencies, has so modified the conditions of human bodies, that they have ceased to be predisposed or liable to them. A fair inference from this is, that, notwithstanding persons live so that they become sick, and show what is in common language termed special or particular diseases, if their habits of living were to be made conformable to the general principles of life and health, these diseases would in like manner disappear. It is, therefore, also fair to infer, that where diseases do exist, and have to be treated curatively, a falling back upon the vital force under its general administration would, in a great many instances, render specific treatment unnecessary.

I see this to be true because I see that many minor maladies are cured in this way. For instance, a man has a gouty toe. I believe physicians of all schools would recognize the correctness of that treatment which should impose upon that man the falling back upon

the general action of his vital force. They would say, "The best way, sir, to cure your gout is to improve your general health. Anything that may be done for you with special reference to the condition of the toe, leaving the conditions of the body at large out of the question, will fail to cure you. An apparent cure may, perhaps, be made; but it would prove ultimately to have been a mistake. Your toe is inflamed by reason of the disturbance of your system at large. To cure it, you must fall back upon the treatment of the body at large. As gout is, in many instances, caused by bad living, in various ways disturbing the healthy action of the general system, so cure of it must be substantially and effectively made by correcting one's habits of living in whatever ways these have been unfriendly to the health of the general system."

What is true of gout is found to be true with reference to a large class of diseases that are local only as regards their manifestation, but are dependent upon general disturbance. Either the general nervous system has become deranged, or the blood-making system, or all put together, have come to be greatly disturbed; and out of this disturbance a specific morbidity has made its appearance. I do not know how many cases of nasal catarrh, sore eyes, inflamed ears, bronchial sore throat, congestion of the lungs, arthritic rheumatism, sciatic rheumatism, diseased stomach, deranged liver, engorged spleen, hemorrhoidal condition of the lower bowels, multiform disturbances of the sexual system, it has been my good fortune to cure by simply

correcting general ill habits—ways and methods of expending vital force.

In my earliest practice I used to think, much more than now, that certain diseases needed specific treatment; and by this I mean a course of treatment, the effect of which I sought to produce upon the particular structure affected. I have come to feel that it is of less consequence to make special efforts to induce particular effects; but that what is needed to be done is to arrange the vital force so that its distribution of energy shall be equilibric, and specific results are produced without any particular intervention of mine.

To illustrate: there is a certain class of diseases with which women in this country are afflicted to a very great extent. They are known as female diseases. The practice of the profession of all schools, including the hydropathic school, is to treat these diseases specifically. One particular manifestation of abnormalism it is common for the profession to treat after one particular manner. Where a woman's uterus is ulcerated, the application of nitrate of silver, either in solution or in substance, to the part thus affected is pre-eminently the fashionable mode of inducing a cure. My own method of treating such a disease corresponds exactly to my idea of its causation. Believing that it is the result of a derangement of the general system, I let the disease entirely alone, beyond the mere application of cleansing baths, and set myself to work to restore the general health. As the conditions of brain, lung, stomach, liver, bowels and blood are improved, the ulcera-

tion ceases, the inflammation disappears, the irritation no longer is manifest, the congestion no longer exists, *the uterus becomes well.*

In this way I have one great advantage over the medical profession, I think, in the treatment of this particular disease. Doctors, by their course, oftentimes metastasize the disease; that is, they produce a vital action, the effect of which is to determine the disease from the uterus to some other part of the system. Perhaps I have had, in the course of my treatment, five hundred women who have been treated for ulcerated uteri, and have been declared to be cured, and, in appearance, they were cured; but they were cured *there* to be diseased as badly, and oftentimes more fatally, at the throat, stomach, or lungs.

I have digressed thus far from the discussion of the topic immediately under consideration, in order to show my confidence in the use of vital force generally applied as against vital force specifically applied in cases of disease where exercise is needed, as in many other kinds of disease. For, where diseases have come to exist from want of exercise of the body at large, or of particular portions of it, it is coming to be a fashion in this country to treat such morbid conditions by the use of the action of particular muscles, leaving out of question the necessity of using those muscles which involve the activity of the entire body. This treatment, therefore, as it shall come to be fashionable, and regarded as available by reason of its specialty, will practically prove itself a failure, just as the caustic

treatment in the cases of ulcerated uteri of women has come to be a failure.

I recommend walking to all who have particular or special diseases, which have arisen from the failure on their part to give to their bodies general exercise, if they are physically able to adopt the plan of doing so. On the whole, it will be found better than any specific movement can, because the specific diseases from which they suffer have arisen from the want of general muscular exercise. The cause of their diseases being such, the cure will be found certain by using proper means to counteract it.

Of all forms of exercise designed to affect the entire body, there is none so health-preservative, and therefore none so efficaciously curative, as walking. No matter what may be the disease, if it has arisen from lack of exercise of any particular organs, the best curative to come to it by exercise, is that kind which will involve and affect the entire body. No person can affect the circulation of the blood by any sort of motions so much as by the act of walking. Place a man where he shall be stationary, and set his entire body above the hips into the most active motion, and you cannot induce as thorough a circulation of the blood through his system as you can by giving him free motion of the legs, and such corresponding motions to the arms and trunk and head as necessarily must be had in the act of walking. The legs, therefore, are the structures through whose motions circulation is kept better equalized and the nervous force equilibric

than any other structures in the human body whose motions are dependent on the action of the will. To use them regularly, habitually, plentifully, is one of the surest preventives to all forms of disease; and they are quite as effective in the cure as in the prevention of disease. Whenever I can get a person suffering from disease—no matter if it be deafness or dysentery, no matter if it be from bilious fever or from gout, no matter if it be from inflamed eyes or prolapsus uteri—to walk according to the ability then and there at disposal, my rule is to make such person walk. The amount of exercise, of course, has to be regulated according to the ability of the person; but if only from chair to bed, from one side of the bed to the other, from a recumbent to a sitting position, to take two or three steps, I regard it as in the very best measure curative.

If the person is so feeble as not to be able to walk, and has to take passive-active motion, I would rather have flexure and extension of the legs, induced by an attendant while the patient lies recumbent, for purposes of affecting the circulation and distribution of nervous force than any other forms, systems, or plans of motions of any other set or sets of muscles in the body.

To try this, is to be satisfied of its good effects; and it is not difficult to try it. Take, for instance, a person lying in bed, and give to his arms swinging motion up and down and sidewise. The motion has to be violent in order to sensibly affect the pulse, the heart's action does not seem particularly to be increased; but you

cannot take hold of the leg and bend it upon the body, and bend the limb below the knee upon the thigh, up and down as far as you can, three times, before the pulse is quickened, and sensible increase of the heart's action is seen. You may do it slowly, but the effect will be visible. Carry this on for ten or fifteen minutes, the person lying perfectly easy, and the attendant making the motions, as nearly as they possibly can be, purely mechanical, and the patient will begin to sweat. One of the best means of increasing the action of the sudoriferous glands is in flexing and extending the legs by passive motions. All the better if they are active-passive; that is, if when the attendant undertakes to bend the leg the patient is able to exert a little resistance, and when the attendant wishes to extend the leg the patient can make a little resistance. I wish that in cases of piles, dyspepsia, torpid liver, congested lungs, inflamed eyes, sore throat, persons would try this remedy, doing it regularly. The difficulty in the matter of taking exercise by walking is that persons who are sick and feeble overdo the thing. Then they get abnormal vital action or reaction, which induces an aggravation of the disease; but to do the thing rightly is wonderfully efficacious. Where there is plenty of strength in the body, so that walking can be taken in considerable or large degree, depend upon it that, in union with other hygienic agents, it is one of the very best therapeutic instrumentalities. If it were accepted, and persistently and judiciously followed, by persons laboring under some particular

chronic disease, which makes them feel all the while that they are invalids, they would, under its use, find that what I here state is true, and that gradually they would get rid of their ailments and come back to enjoy very good and substantial health.

CHAPTER XI.

SLEEP AND ITS RECUPERATIONS.

O SLEEP!

With gentle witcheries thou wooest man
Away from sorrow, and dost carry him
To climes so calm and peaceful as to make
The fields in which he travels like
Elysium.
The babe that nestles in its mother's lap
Knows of thy wondrous workings. And the boy
Of growing form, whose eye is bright at morn,
Falls into thine arms, and passes
Into that new sphere of being
Over which thou swayest rule supreme.
Man, the stalwart and the strong,
Feels running through the currents of his life
Thy gentle force, and honors thee by yielding.
And the poor invalid, whose daily turnings
On his couch, so plainly signify
Of pain and great discomfort, hears thy voice
When in the distance, and his eye lacks lustre
As thou closest it, and makest him
Thine own.

ALL animals which have backbones, so far as we know of their habits, sleep. Of their necessity of passing periodically from a state of consciousness to one of unconsciousness, there can be little doubt; and the importance of this change is measured by the relative rank which they hold. Of all living creatures

that dwell upon the earth, man stands at the head; and to none of them is sleep more important than to him.

In speaking of sleep in its bearings upon health, the first point I make is that night is the best time for it. Evidently, by a law that is vital in its operations, the Creator has made that portion of our time, when the sun is hidden from the earth, the appropriate period for sleep. There are no traditions existing among the race running to the contrary of this view. No philosopher, nor physiologist, nor speculator upon the laws of human life and health, whether these be organic or functional, has ever taken ground that the period most appropriate to sleep is the day-time, and the night the most appropriate for labor. That human beings work nights and sleep days is true; and it is particularly true of men given to thought, but no one defends it on philosophic grounds. He may argue in its favor from habit, from long custom, from the circumstances which surround persons, and from the necessities of their condition, or from the peculiarities of their business; but he never stretches the argument until it reaches a point where the practice is asserted to be abstractly right.

But if night is the better time to sleep, then it may be said that the general principle prevails that the amount of sleep should be regulated by the dividing line between light and darkness. That this view may be accepted as the correct one is determinable from analogy, it being true that animals living in the tem-

perate latitudes accept and act upon it. Take the year together, day and night are about equal; and were mankind within the temperate latitudes to live according to the laws of life and health in other directions, they would sleep while darkness is on the face of the earth, and be active only during the period in which light is abundant. As a habit and fashion with our people, they sleep too little. By all who are competent to speak on the subject, it is admitted that the people of the United States, from day to day, do not get sufficient sleep. From the preponderance of the nervous over the vital temperament, they need all the recuperative benefits which sleep can offer during each night as it passes. A far better rule than that which usually prevails, would be to get at least eight hours of sleep during each day, and, including sleep, ten to twelve hours of recumbent rest. It is a sad mistake that some make, who suppose themselves qualified to speak on the subject, in affirming that persons of a highly-wrought nervous temperament need—as compared with those of a more lymphatic or stolid organization—less sleep. The truth is, that where power is expended with great rapidity, by a constitutional law it is regathered slowly; the reactions after a while demanding much more time for the gathering up of new force than the direct effort demands in expending that force. Thus, a man of nervous temperament, after he has established a habit of overdoing, recovers from the effect of such over-action much more slowly than a man of different temperament would, if the balance

between his power to do and to rest were destroyed. As between the nervous and the lymphatic temperaments, therefore, where exercise by work is demanded, it will be seen that at the close of the day's labor, whether it has been of muscle or of thought, the man of nervous temperament who is tired finds it difficult to fall asleep, sleeps perturbedly, wakes up excitedly, and is more apt than otherwise to resort to stimulants to place himself in conditions of pleasurable activity; while the man of lymphatic temperament, when tired, falls asleep, sleeps soundly and uninterruptedly, and wakes up in the morning a new man. The facts are against the theory that nervous temperaments recuperate quickly from the fatigues to which their possessors are subjected. Three-fourths of our drunkards are from the ranks of the men of nervous temperament. Almost all the opium-eaters in our country—and their name is legion—are persons of the nervous and the nervous-sanguine temperaments. Almost all the men in the country who become victims of narcotic drug-medication, are of the nervous or nervous-sanguine temperaments. Nine-tenths of all the persons in this country who become insane, are persons of the nervous or nervous-sanguine temperaments. That the very general habit of dependence upon stimulants, or stimulo-narcotics, is largely confined to persons of the nervous temperament, shows that the taxations to which they subject themselves are not readily reacted from, and that under their methods of living they find it difficult to depend upon their natural forces to make

good their losses within the time they allot to such purpose. The rule, therefore, should be the other way from that which is supposed to be the true one; namely, that persons of highly-wrought nervous organization need but little sleep. It should be the habit of such persons to sleep largely, to insist upon such freedom from exercise, both of body and mind, and upon such external conditions of repose, as gradually to bring the brain to acknowledge such relations to the general structure, as will enable its various organs to become so refreshed that they may, when duty is resumed, perform it with accustomed yet healthy vigor.

Sick persons in this country, and, for that matter, healthy ones also, generally sleep upon beds which are unhealthy. Wherever feathers are used, either for the bed or for the pillow of the bed, they are decidedly unhealthy. Ofttimes they constitute a very important influence in determining the non-recovery of the sick who use them. They are great non-conductors of heat, and, therefore, should never be used to sleep upon. If used at all, they should serve only as an external covering. A light comfortable of feathers, thrown over the outside of the bed, is the least objectionable mode of using this article. Feathers have in their quills a glutinous matter which is easily brought into a semi-fluid state when wrought upon by moisture from the air or the insensible perspiration of the human body. Not infrequently will it be found by those whose sense of smell is keen, that after having lain in a bed which at first appears to be perfectly inodorous, the occupant

comes to find an unpleasant stench arising from it. This is poisonous, and though not so much so as carbonic acid gas, is next to it. It is only equalled in its unhealthiness by the effluvia of the pest-house and privy, and should be avoided at all hazards, especially by persons of a scrofulous constitution, whose blood in its elementary constituents is easily deranged. The practice, therefore, with invalids, of sleeping upon feather beds, and especially upon feather pillows, cannot be too strongly condemned. Thousands of women and children have had their scrofulous diseases developed into the incurable stage, and thereby been consigned to their graves at an early day with scrofulous consumption, who never would have had it, though living in other respects as they had done, but for the practice of sleeping on feathers. No health reformer should ever keep geese. He neither needs them for the purpose of picking off their feathers nor of eating their flesh.

For invalids better beds than those made of feathers can be made of good, clean oat straw, though here a criticism can be properly made; for much of the straw that is used to fill beds is mildewed or smutty, and cannot be used without impregnating the air with poisonous particles, which, though impalpable to the touch and invisible to the eye, are easily inhaled by the lungs; and when so breathed into them are always destructive to their healthy conditions. Perhaps the cleanest straw for beds is unmildewed wheat straw. Clean wheat straw, well whipped, and not worn until it becomes as fine as

claff, makes a good bed. Good clean corn husks make a good bed, though unpleasant to some persons from the noise which is created whenever the sleeper turns upon his bed, by reason of the different husks passing over each other's surface. I have known nervous persons to be unable to sleep upon a corn-husk bed. This, in a good degree, can be avoided by having the husks cut in a straw-cutter, and the tick, which is filled with them, quilted at convenient spaces.

Whittlings of white birch or white cedar make an excellent bed, and in some parts of the country are used in large quantities. Machines have been invented for shaving them off from boards or wood so that they will curl. Then they are kiln-dried, not to destroy their elasticity, but to prevent them from straightening out. Dried sea-grass is, perhaps, the best bed upon which a sick person can sleep, unless it is curled hair; and it makes a very good substitute for *that* article. Throughout our country great numbers of mattresses are sold known as sea-grass mattresses. These are such beds as we generally use in our Cure, and, when covered by a mattress of cotton, make a very easy, comfortable bed, both for the invalid and the person in health. Hair makes the best bed; but great caution is required in its preparation that it may be healthy by being perfectly inodorous. Some mattresses of curled hair are nearly as objectionable as geese feathers.

Of clothing that should cover the invalid in bed, in order that he may the better sleep, the inner sheets had better be made of bleached cotton than of linen.

This article does not so readily conduct heat as linen, and therefore is not so cool to the skin. Of all substances usually worn for clothing, linen is the greatest conductor of heat; hence one always feels cooler with linen on his body than with any other material of clothing. For bed-clothing, therefore, except in the hottest weather, or unless the person is suffering from acute fever, linen is objectionable. As a general thing, sick persons sleep under too much clothing; they need less; would be better for using less. It is better to have a number of coverings that shall make up sufficiency in retaining the warmth of the body so as to induce sensation of comfort than it is to have only one; for the reason that, in this way, less weight is had. Clothing which will keep a sick person warm, and yet has a minimum pressure upon him, is preferable to that which is heavier, though productive of the same warmth. So far as the advantage arising from retaining animal heat is concerned, there is always a stratum of dead air lying between two coverings, and this serves as a non-conductor. Between a pair of blankets and a coverlid there will be two strata of this air, and the effect, so far as warmth is concerned, will be the same as is seen in having two doors to a cellar with a space between them. There is an advantage in using this stratum of air as a protection against too rapid elimination of the heat of the body. A great security for keeping warm in bed is to secure the best and most vigorous circulation of the blood; and next, to be appropriately covered, and to retain so much of heat in

the bed and around the body as to establish a uniform sensation of warmth.

Of course, it is always desirable to a sick person lying in bed who wishes to sleep, that a feeling of comfort should be present; and this can never be when the feeling of warmth is absent. To be warm, therefore, in bed is one of the prerequisites to the obtaining of the advantages which one seeks in going to bed. Posture has very much to do in the procurement of the sense of warmth and of consequent comfort. Very few persons know how to lie in bed so as to be comfortable. The practice of lying crooked is, by many, assumed to be instinctive. I doubt it. It does not look reasonable. That a person will, at times, for purpose of rest, by change of posture, flex his limbs and back-bone and sink his head forward and throw his hips backward, I do not deny. But, after all, he does this at the expense of warmth; for whenever the body is bent upon itself, and the legs and arms upon themselves, the circulation is enfeebled. Circulation by flexion of any part of the body is increased only by having connected with it alternate extension. When one wishes to make himself warm by bending his legs, he must connect with this act of bending the act of straightening them; in other words, he must keep in motion. To sit down in a cramped position, and to continue to sit thus, thereby expecting to get warm, is to have one's expectations unrealized. A straight position is far better as a means whereby to secure positive external capillary circulation than one in which the body

is bent upon itself largely. The Indian who sleeps upon the bare earth, or the Rocky Mountain trapper wrapped up in his blanket, will be found in his deepest sleep as straight as a liberty pole. To cultivate the habit of lying in bed straight, is, therefore, of great service, and especially to all persons who, being sick, are desirous to recover their health.

Lying upon the back is one of the best postures which an invalid can possibly adopt. Notwithstanding so much has been said about the superiority of lying on the right side, or the left side, or both, a man lies more naturally, breathes more easily, sleeps less dreamfully upon his back than in any other position he can assume. If it is true, as is generally supposed, that to lie upon the back is more productive of imperfect circulation, and, therefore, of particular conditions of the circulation described as "night-mare," I have only to say that this does not arise from lying upon one's back, but from the conditions in which the organs have been placed by the bad habits in other directions of the person who suffers. There are very great advantages that may arise to the invalid from lying habitually upon his back. First, the back-bone itself is kept warm by it. Heat radiates from the centre to the surface just in proportion to the extent to which that surface is supplied with nerves. Where the nerves are the most numerous, there will the person find himself in such conditions as to allow of great radiations of heat. There is no spot on the body better supplied with nerves than the bottoms of the feet.

There is no place, therefore, where a man more readily has the sensation of cold. This does not arise from the fact that the blood is imperfectly supplied to the bottom of the feet, and they are, therefore, unprotected, because where there is an abundant supply of nerves there is a corresponding supply of blood-vessels; but it does arise from the superior sensibility of the parts to external impressions, because of the superabundant supply of the organs of sensibility. Up and down a man's back runs the spinal marrow; from it radiate nerves to different parts of the body. Great sensibility to external impressions is consequently established along the whole track of the spine. When a man shivers from a cold sensation, the shiver travels up and down his back-bone more readily than anywhere else. Let him step upon a piece of cold zinc, in an instant he feels a sensation of cold running up and down his telegraph wire, which is his spinal marrow. A person will sleep under less clothing, and keep warm by lying upon his back with his arms by his side, or crossed low down upon his abdomen, better than in any other position.

There is this advantage also in it, that the sick man while in this position keeps all his parts in the natural relations. The whole lung structure is as it should be, the muscles are related to themselves naturally, and all the parts of the organism sustain, each to all, their natural connection. There is no undue pressure upon any part; no displacing of any ligament, sinew, tendon or muscle; no pressure upon any membrane.

Everything is just as nature intended it. Lying upon the side, whether it be the right or the left side, is not as natural as to lie upon the back. The lungs are not as carefully guarded. They press down upon the heart; they press down upon the spleen and liver. The same is true of the pressure of the stomach on the spleen, or the liver on the stomach. The same is true of the bowels. And it is a fact, that whenever any one of the thoracic or abdominal organs becomes diseased, less sensibility, less consciousness of disease is manifested in lying upon the back, than in any posture the invalid can assume. The dyspeptic always lies upon his back more easily; the consumptive lies upon his back more easily; a person with congested liver, engorged spleen, chronic inflammation of the bowels, or inflammation or irritation of the kidneys, or prolapsus uteri, or inflammation of the neck of the bladder, lies upon the back more easily.

In lying in bed, the practice is a bad one of having the sick person sleep with the head much elevated. One soon comes to dislike it if he accustoms himself to sleep on his back. The least elevation is the best; the highest is the worst. One pillow made of cotton or hair, but never of feathers, about three inches in thickness, is abundant elevation for the head. All persons troubled with weak lungs, and, therefore, with tendencies to pulmonary consumption, should lie on the back, and with the head as nearly on a line parallel with the rest of the body as possible. This posture aids very materially in the use of the abdominal mus-

cles, and these are of essential service to the organs of respiration.

Invalids, if possible to avoid it, should never sleep with other persons. To say the least, such a course is unphysiological, and unfriendly to health. As a general rule, a person is healthier to sleep alone, very few invalids being found well-calculated by physiological or pathological considerations to sleep together. Children quite often are made sick by sleeping together, and a sick child is often kept sick by having a healthy child sleep with it. Parents quite frequently make their infant children sick by having them sleep in the bed with themselves. When we come to understand just what relations two human bodies can establish between themselves, we shall find that one of the most powerful means of transmitting or withdrawing energy, is by physical contact.

CHAPTER XII.

THE SICK-CHAMBER AND ITS SURROUNDINGS.

HAVING called attention to the hygienic agencies which may readily be used for the cure of the sick, it naturally follows that I should say something in respect to their accommodations and general management, before attempting to describe the diseases which they may have, and the special application of remedial agents with a view to their recovery. With the American people there is much less good sense displayed in the care of their sick than with European nations. Strange as this statement may seem, it is strictly true. The want of care which we give to our sick is not from want of affection or interest in them, but from want of a knowledge of what they need. We treat them, in a measure, as we treat each other when we are well. A sense of self-consciousness pervades the entire social relations of the American people. To a certain degree, each person expects, and is expected, to take care of himself. To a good degree, therefore, when sick, he is supposed to be able to get along without particular and personal oversight from others. Whenever persons are sick, unless they are dangerously so, they are left hour after hour alone ;

or, if not, then the other extreme is adopted, and they are never or scarcely ever left alone. For want of proper nursing, therefore, many persons die who otherwise would live. It becomes a matter of a good deal of consequence then, how properly to look after and tend the sick. Because of this I offer the following suggestions :

1. Wherever one is sick, if possible the room in which he lies should be elevated from the ground. Houses are always healthier to be built at least two stories high, and to have their lodging-rooms in their upper part. In many districts of country where mist and fog arise from the condensation of vapors during the night, to have sleeping-rooms in the second story is of very great utility. As the poisonous, and condensed vapors are heavier than the atmosphere they sink to the earth, and to be lifted above their range of circulation while one is sleeping, is to escape many of the diseases with which, otherwise, the inhabitants of such districts would be likely to be affected. Other things being equal, then, in any given case of sickness, the patient should lodge above stairs if he can. If not, then on as high a bedstead below stairs as is convenient to attend him. Where children are sick, low beds, or, as they are termed, trundle-beds, should give way to a high bedstead ; for even so slight a change as this has its importance.

2. The sick room should be on that side of the house, if possible to have it, where during the day there will be the most sunlight ; because, while it is

not desirable always to have sunlight in a room, it may be of great service to have it, and so the possibility of having it should be taken into account.

3. If it can be done, the bed of the patient should be so placed as to have the head to the north. This at first may be considered as a whimsical suggestion, but it is not. If it be true that the mariner's compass or needle always, when unobstructed, points to the north pole, it is not devoid of significance that the magnetic conditions thus established, may indicate corresponding magnetic conditions between the brain of a human creature and the great source of magnetism to our globe. I hold that animal magnetism is exactly correspondent to, and coincident with what is called metallic magnetism; that it is because of a great constituent property in human blood that magnetic conditions of the human body exist; and that these are in their nature the same, with such necessary modifications as the bodily structure imposes, as the metallic magnetism which science has discovered, and of which it is coming, for its own peculiar purposes, more and more to make use. There is no question in my own mind of the influence of metallic magnetism upon the nervous system, and upon the circulation of the blood in the human body. So assured am I of this, that I venture to offer the suggestion with reference to the location of the position of the body of the sick person. I have tried it in too many instances not to know that it may have its influence. It does not always perceptibly have it, because persons are not always related to

magnetic force so as to be the subjects of its visible influence; but they not infrequently are. Thus, I have calmed down the twitchings of a person suffering from St. Vitus' Dance by putting into her hand a common steel magnet, or some other piece of magnetized iron or steel. Thus, I have held in my own hands a highly charged magnet for a little while, and then have held the hands of a sick person, and induced calm and quiet conditions of the nervous system. That what is termed animal magnetism, which is not now denied to exist, is the same as metallic magnetism, with the simple difference of manifestation arising from difference of the organization involved, is clear to my own mind. I think it decidedly possible to have the needle of a compass swerve from its true direction by the influence of the magnetism of the human body placed in close contact with it. If I could, therefore, I always would have a person, sick from any disturbance of the nervous system, lie with his head to the north. Where it cannot be, one must do the next best thing to insure right magnetic condition. Where it can be, it is worth the trial.

4. It is of very great consequence in the management and care of sick persons that they should have proper persons for their care-takers or nurses. To decide this, various considerations are to be taken into account.

(a.) If possible, the nurse should be an acquaintance of the patient, and one toward whom in health he is kindly related. Better not to have a blood-relative,

unless there is considerable contrast in temperament; for matters regulate themselves better under the converse than the direct relationship.

(b.) To the degree that propriety will admit, the nurse should be of the opposite sex. This is admitted by everybody who is sick to be a correct view, the rule working only one way, men always preferring women to persons of their own sex to care for them. It is not generally supposed to be the case that women prefer men, but they do; and to the degree that they can properly have them, they should. The rule, to be good for much, should be applied both ways.

(c.) A sick person should have a pair of nurses at least; and, where he is very sick, should have two pairs, one for the day and the other for the night, they making their relays so frequently as not themselves to get tired out. A worn-out, sleepy, stupid nurse is one of the most deleterious agents that can be made active in and around the sick room. Whenever from service a tired feeling begins to come over a nurse, he or she should immediately be changed for one who is bright, active, wakeful, sprightly, and in good magnetic or electrical states of the nervous system and the blood. But these changes should be kept within the bound of the nurse list.

(d.) Changes in the nurses should not be made so as to introduce strangers. The practice of having strange men or women to watch at night with a sick person is very objectionable. I know that difficulties lie in the way; but, in most cases, they are not insurmountable

if the parties are intelligent with reference thereto. Physicians, in this respect, can help along the case a good deal. In truth, if they themselves were clear-headed as to the benefits to be derived from proper nursing, they could mainly direct the affairs; for they could have their own nurses. I have often thought that if I were a peripatetic physician, I would have three or four women, and two or three men, as the extent of my practice might demand, who should hold themselves in readiness to be called upon to take care of any sick persons that might place themselves under my medical administration, and that I would have the right to say that such persons should be employed, and no other while my patients were in conditions to need particular nursing; for human life is very sacred, and cannot be cared for too assiduously. Until persons learn how to live so as not to be sick, the next best thing they can learn is how not to die when they are sick. In this direction, one of the very best securities against such a result is to be well cared for when sick.

5. Sick persons confined to their rooms should, at least once in twenty-four hours, have their personal clothing changed. In fact, it is better, though there may seem to be no apparent necessity for it, to have it changed every twelve hours, at morning and at night. The garments thus taken off may not need any further cleansing than that which will arise from being exposed to good air currents; but not infrequently great exhalations by the skin take place in persons who are sick, and these are of such a nature

as substantially to fill the interstices of the clothing, and leave the garment an air-tight fabric, thus decidedly affecting for ill the conditions of the person wearing it.

6. Quiet. The sick-chamber should be a holy place. Within its precincts the unhallowed, or those who have no business there, should not come. The practice, common all over the United States, of having neighbors and friends who can do no good, come into the rooms of sick persons and sit, and talk, and chat, and ask questions, is very objectionable; not infrequently prolific of very great mischief. If the patient is not himself addressed, and so, perhaps, disturbed, the conversation, in one way or another, is of a kind to excite him, and, therefore, to derange his nervous system and the circulation of his blood. Neighbors and friends, therefore, who can be of no service, should not be permitted to see those who are sick. Only when they can be of service (and very often they can be,) should they be permitted to come. Where the disease from which the person suffers is chronic, and so slow in its operations, there is less need of guarding against any intrusion. In such a case, the society of pleasant, agreeable friends may be very desirable. I have known the tone, temper and mental feeling of a sick person change vastly for the better by having a dear, good friend come to see him. But, notwithstanding such happy results may flow, it is always well and only prudent, to consult the patient before permitting a friend to visit him.

In this direction, it is of more consequence that consent should be obtained if the person sick be a female, because women, after their present education, are more sensitive to external surroundings than men are. They do not like to be seen in an unprepared state to receive a friend. The room may not be in order; their own personal clothing may require adjustment, and, in addition, they may want the opportunity to refuse to see the particular person. In this latter respect persons of the male sex do also require to be consulted. I cannot forbear saying that good nursing constitutes good doctoring in the philosophical meaning of the term. If we ever get to the point of intelligence where our people shall understand that drug-medicaments are not common-sense instrumentalities for the cure of disease; are unphilosophical manifestations; are, in many instances, either good for nothing or positively injurious, the department of nursing of the sick will acquire additional importance. Then the medical man will understand that those sick persons who are nursed with the most skill are likely, other things being equal, to recover the most certainly.

CHAPTER XIII.

CHILDREN AND THEIR DISEASES.

OF the human diseases for which I propose new methods of treatment, I present first those which relate to children. In order to do this intelligently, so that they shall be readily comprehended by my readers, I wish, first, to say some things with reference to the manner of training and treating children who are not sick; because the better one understands the nature of the child, its predispositions and tendencies when in health, the better will he be prepared to relate himself curatively, with the means he uses, to the child when sick. For children are much more susceptible to constitutional predispositions and their corresponding influences, than persons of adult age are. In the latter case, counteractive causes may exist, having been organized and brought to bear through the habits, manners and ways of living of the person. But children are as largely subjects of the momentum which the life-force has given to them, by the mere act of birth, as by the conditions of existence subsequent thereto. To treat a child with reference to any disease which he may have, as a grown person may safely be treated, is to overlook, in many respects, the very

essentially different conditions which exist between the parties, and, in doing so, to neglect some of the most available and efficient means for its recovery. I know that it is said that "men are but children of larger growth;" nevertheless, the difference in growth does modify the difference in relations to life, and, of course, to health. Two persons, therefore, one quite young and a child, the other adult and a man or woman, having apparently or really the same disease, may not be treated in the same way for it. In the child, the ante-natal conditions of its existence may still exercise over it a very important influence. In truth, I think, in most cases, they do have much to do in the shaping of its life up to puberty. This side of adolescence, children hold different relations and conditions to life from what they do when adult age has been reached. For want of knowledge of these facts, many a child has been sent to its grave by those who have had its management, when sick, in their hands. Some suggestions in this direction, therefore, may not be out of place.

CONSTITUTIONAL PECULIARITIES.—The practice is quite common for parents to treat *all* their children alike in their bringing up, except so far as it may be thought fit to institute difference arising from sex. Boy-children are cared for, looked after, managed, treated, trained and educated, in quite early life, differently from what girl-children are, though the difference in these directions confines itself to a very narrow sphere.

Now, the differences which arise from sex are not by any means as marked, and, therefore, as influential, as those which often arise between persons of the same sex, but of different temperaments. To treat two girls or two boys alike who are of different temperaments, simply because they are girls or boys, is to commit a greater outrage, by far, than it would be to treat a girl and a boy alike though of different sex. Herein is a very great mistake made by parents. As it begins in the nursery, and is continued when the child passes out of the nursery into the family circle, it also is carried into the sick-room whenever one of the children in the family is unfortunately its occupant. In the treatment of the sick, constitutional influences, or those conditions of existence which are under the sway of the organic forces of the sick person, must be taken into account if the highest curative results are to be secured.

For instance, a child of light hair, very light skin, light-blue and quite prominent eyes, of small muscles, small bones, having small hands and taper fingers, very delicate and thin nails, small feet, but quite large and protuberant bowels, with a head two-thirds of the brain of which is in front of the ears, with a very small back-bone, with a long, slim neck, and sloping shoulders, with a wide pelvis, and the legs set on the body so that when it walks it turns its feet out, should never be treated for any disease which it has, in the same general or particular way as a child of exactly a different build; such, for instance, as one who has dark skin, dark gray or bluish eyes, with a heavy, low-

located back brain, with rather a low frontal brain, with straight, square shoulders, broad chest, small bowels, narrow pelvis, big legs, and toes turning in a little. If two such children are suffering from measles, summer complaint, stomach-colic, fever and ague, remittent fever, whooping-cough, or any disease, no matter what, they must not be substantially alike related to the use of therapeutic agents. While these are to be used in both cases, their application is to be made to suit the difference in the constitutional peculiarities of the children, otherwise one of them stands a fair chance to die. Which of the two it will be, can very readily be decided beforehand, if it can be beforehand decided what is the nature of the disease. If it be a disease which primarily involves the nervous system, the first named child will die. If it be on the other hand, a disease which primarily involves the health of the blood and its circulation, it will be the latter. Whereas, if parents knew how to make proper discriminations in their methods of treatment, based upon constitutional or organic differences in these children, neither of them would die—it being true that about four-fifths of all the persons who die in this country have their lives come to a close, not from want of power to live, intrinsically considered, but from want of knowledge on their own part, or on the part of those who have them in care, how properly to make the power which they possess available to their protection. It is sad to contemplate the havoc of human life which is made by medical men, and those who, along with them, have to

take care of sick persons, simply from want of knowledge how to make vital power practically efficient in its own vocation ; for it is the office of the vital power to protect a person in his life, and not to let him die.

When I come to treat of special diseases, I shall have more to say in this particular direction ; for it is of very great importance in the treatment of the diseases of children, that the conditions which manifestly exist in their organizations, shall be kept in view as having bearing upon their development and proper education when in health not only, but quite as much so upon their treatment with a view to their recovery.

CHAPTER XIV.

TEETHING.

AFTER a child is born, the diseases with which it is afflicted up to the time when teething fairly begins, generally arise from the bad state of health of the mother, and the unhealthy condition of her milk. It is not generally understood by parents, though it is pretty well known to physicians, that children can be made quite sick from derangements of their nervous systems in consequence of being handled and tended in lap a good deal by their mothers, when these are themselves out of health. Very often children cry, being apparently in pain, when their mothers are caring for them, who, if transferred to other persons, will soon cease to cry. This grows out of the fact that the nervous systems of the mothers are a good deal disturbed, and their children take on these disturbances by sympathetic relations. Under such circumstances their mothers make very poor care-takers and nurses, and should have nothing to do with their children in their general management, nor yet in their nursing. Where a child, by being handled by its own mother, is made restless, uneasy, peevish and crying, it is conclusive proof that it ought not to be nursed by her. Unless a wet-nurse can be found for it, it had better be brought

up, as the term is, "by hand ;" because, where the general conditions of the mother's health are such as greatly and sensibly to herself to disturb her nervous system, it follows surely that such a derangement affects her milk, and this the child ought not to be permitted to take as nutriment. The milk of a wet-nurse is, or can be, highly charged with healthy or unhealthy vitativeness. Milk makes good food for a child, not only because it possesses the proper nutrient constituents, but because it can be, and in the earlier period of the nursing conditions of woman is, charged largely with her own magnetism. If this be unhealthy, then the child is made sick by it. In truth, I have known a good many persons whose general health was rather feeble, but who made excellent wet-nurses to young children because they happened to be in just those magnetic conditions whereby the milk became positively charged, and, therefore, was particularly good food for them.

It is difficult to describe the diseases or derangements with which children are afflicted during the earlier periods of their existence, arising, as these do for the most part, as I have stated, from being handled and nursed by their mothers or wet-nurses who themselves are decidedly out of health. Some of the symptoms which children thus show are wind-colic, constipation of the bowels, coldness of feet and hands, with undue heat of head, flushed face, enlarged pupil of the eye, quite often a working of the under jaw upon the upper, as is done during teething, when a grating sound is heard. The best remedy for these difficulties gener-

ally, is to change the food of the child, also to have it handled by some one else than its mother, and to keep its body clean and cool by gentle ablutions, and its clothes well aired and cleanly on its person. Where mothers are scrofulous, and by hereditary descent predisposed to consumption, I think it of great consequence to the future as well as the present health of their children, that they should not nurse them. But such children should be put out to wet-nurse, or brought up by hand. When a child has arrived at an age sufficient to have the process of teething begin, it is more likely than not to show abnormal conditions. If the habits of women were more natural than they are, and so their bodies more healthy and their blood in better conditions and in better circulation, and their nervous systems more substantively related to their office-work, invigorating the blood-making organs and keeping the body at large in equilibrium of force, the process of teething in children would be as simple and as devoid of manifested derangement of their health, as it is in young animals, whose food for a period after birth is milk drawn from their mothers. We have no evidence that lambs, pigs, calves or colts suffer in their health from teething. I have no recollection now of ever hearing of any of these animals being thrown off their food, indicating thereby a disturbed relation of the circulation and irritation of the nervous system from the mere act of their teething. On the contrary, in this direction, as in most others, the contrast between their relations to life and those of children is greatly in their

favor. I think it is worthy the attention of parents that such is the fact. For one does not really feel very much elated when the natural processes of growth in an animal, involving its dentition, are all carried on with such ease, yet with such entire subjection to the laws which govern its life and maintain its health, as to have it know no disturbance or suffering; while in children these processes are carried on, almost always, so as to indicate suffering, and not infrequently severe sickness. This all might be changed in the child's favor by conformity of its parents to the demands which Nature herself makes. To have children healthy from birth to teething-time, must be a source of very great comfort and peace to their parents.

We have had residing at "Our Home on the Hill-side" a man and wife who had one child. This child was about eight months old; had been up to that time so judiciously reared as to give to its parents, and its mother in particular, little or no trouble. It never had slept in a cradle, nor, after the few nights immediately succeeding its birth, in the same bed with either of its parents, but it slept on a couch by itself. Up to that time it had been as quiet and peaceable a child as one could ask, never crying except for obvious cause. I inquired of its mother in respect to its habits and conditions. She stated that it had a good many times gone to bed and to sleep at six o'clock in the evening, and lain until six o'clock the next morning without any attention from any person, waking up in the morning at sunrise, and lying in bed thereafter for an hour,

making no complaint whatever, but kicking up its heels, and showing that its sensations were of the most gratifying and pleasant nature. What was true of this child might be true of nearly all children.

TEETHING DIARRHŒA.—The indications of this disease are restlessness on the part of the child, attended with a good deal of retching, with frequent crying and sudden cessation therefrom in the earlier stages of the disease. The face becomes alternately flushed and pale; the hands are cold, but sweating in the palms; the feet are cold, but sweating in the soles; the knees are cold at the knee-pan; the child shows extreme sensibility over the lower part of the abdomen on external pressure; and the lower jaw works as if the child were in pain. After these symptoms have shown themselves for twenty-four to thirty-six hours, the diarrhœa commences. The stools are of a light or a dark-greenish color, sometimes giving to the diapers a bluish tinge. The passages are quite watery and frequent, not uncommonly passing with little or no strain upon the abdominal muscles. Whenever the disease shows itself, it may be set down as a fact that the liver, stomach and external skin are at fault in their respective and mutual action. The irritation of the stomach and bowels is caused by the irritation of the general nervous system consequent on teething. The disease is not at all dangerous, and scarcely ever has a fatal termination. From want of good sense on the part of parents and physicians, sometimes compli-

cations are created, and the original disease is made to give way to one which has been induced under drug-medication. If good care is given to the child during the first ten or twelve days after the appearance of the disease, though the diarrhœa may last for weeks and the child grow poor, meanwhile showing considerable sickness, there is no danger. Teething does not naturally induce such irritations of the nervous system, nor such disturbances of the circulation as to endanger a child's life. If some confidence on the part of the parents in Nature is had, and hygienic treatment of the child is followed, by thus having it in care, there need be no fear as to the result. It is not such a disease, by any means, as cholera infantum, or what is known as summer complaint with children.

! SUMMER COMPLAINT.—I recommend for the child thus affected food made of two-thirds new cows'-milk and one-third water, with a little sugar in it and a little unbolted wheat flour, the coarser parts of the bran being sifted out. Let the child have this in preference to nursing its mother, if she be of nervous temperament and a hard worker with a good deal of care upon her; for the child will be the better for not nursing her, and the mother will be the better for not being nursed. I would also recommend that the child be bathed all over in water, at a temperature from 98° down to 90°, being rubbed with soft towels to wipe dry, and the naked, soft hand of the attendant to make the skin smooth and velvety to the touch. If there is

considerable disturbance of the bowels, give injections to wash them out, and lay cool, wet cloths across the abdomen covered by dry ones, provided the sickness comes on during the hot or summer term. Largely the life of such a child should be spent in the open air. A carriage, in which a bed can be made, should be purchased, and the child placed in it and drawn about where the sun shines and the air is pure. Under such circumstances, the process of teething will go on, the summer complaint will be entirely manageable, and the child will come out of it with no loss of constitutional or functional vigor.

FITS.—During the process of teething children sometimes are seized with convulsions, accompanied by a temporary unconsciousness. This state or condition is denominated a fit. Mothers are almost always alarmed, but in large measure unnecessarily, whenever their children pass into these conditions.

The treatment needed in such cases, generally, is to cleanse the bowels by tepid water injections, and to promote circulation to the extremities and to the external surface at large by such baths as are necessary. A short pack, though the child be young, is often productive of almost immediate relief. I have seen a great many children suffering in this way, but under hygienic treatment they have readily recovered. It is better, however, to prevent such a morbid manifestation than it is to treat it curatively; and this can be readily done if the child is carefully and judiciously

managed in its general habits, securing to it cleanliness of skin, natural aperiency of bowel, good general external circulation, proper food eaten at proper times, and regular sleep. I much doubt whether a child whose conditions of living in the main were right would ever have any sort of convulsive attack, ending in unconsciousness, by reason of the excitement through which the nervous system would pass from teething. At any rate, generally where children have fits during the period of dentition, these are to be ascribed more directly to bad habits of living than to the particular exacerbation of the nervous system consequent upon the inflammation of gums preceding the cutting of teeth. Like many other diseases of children at a very early age, this of fits is to be guarded against by careful oversight; but when it comes, like other diseases, it is much more readily cured by a course of treatment which looks well to the rectification of any ill conditions existing in the child's life than by any specific administration of drug-medicines. If parents hope to have their children not only healthy when infants, but when quite young along up into adolescent years, and from thence onward to adult age, through middle into mature life, and down to old age, let them avoid the giving to them of medicaments of the nature of which they know nothing, or of the effects of which they know but little; because almost all of these, by whatever school administered, are more or less poisonous to the healthy structures, and thus directly tend to induce unhealthy conditions of them.

CHAPTER XV

TETTER.

This is a common name for a class of diseases indicated by eruption of the skin. Physicians have divided them off under different names. It is not necessary that I should make this distinction, because, whatever modification in appearance they may respectively show, the difference has nothing to do with the treatment. They all are to be classified under one general head, and need substantially the same treatment. The name Tetter does not cover all eruptive diseases, but it does cover a class of them, all of which may be readily understood and known as soon as one of them is understood and known. No description of these is necessary in order to be able to form a correct diagnosis, because no other disease of the skin, such as measles, scarlet fever, kine or chicken-pox, or small-pox, bears any resemblance whatever to the disease known under the name of Tetter.

The disease arises from impurity of blood, caused generally by derangements of the nutritive or blood-making organs. Sometimes the subject may be said to have inherited a tendency thereto. Sometimes the disease is communicable to another by contact with a

person having it. More commonly it originates in a depravation of the blood from unhealthy food, insufficient clothing, want of exercise in the open air, and want of sunlight, and from the use of impure water. Where a combination of these causes exists, the blood becomes so deteriorated in quality as in its organization to make very unhealthy tissue. And when this is broken up under the eliminative processes to be carried out of the system, the skin becomes poisoned by the acidity of the waste material.

For all this class of diseases nothing will be found so efficient as the following: First, farinaceous and fruit foods; second, the use, as a drink, of pure soft water; third, general daily ablutions in water at as low a temperature as the patient can take and react healthfully—say eighty-five degrees; fourth, daily exposure of the body, unclad (for as long a time as the subject can bear it and not be debilitated thereby), to sunlight and air; fifth, regular action of the bowels; sixth, regular exercise and abundant sleep; seventh, time to make the necessary changes.

I recollect to have had a young man come to me afflicted with a tettered skin, the eruption being so complete that one could scarcely find a spot on his body as large as a common wafer, which was free from the disease. He had been so for years, and had exhausted the resources of the drug-school. I placed him under Psycho-hygienic treatment, and in nine months completely and entirely cured him, so that his skin was as smooth as that of a young child, and he has never

had a return of the disease. There is no treatment that can be made half as effectual in this class of diseases as the Psycho-hygienic. The worst possible forms of the disease give way before it. In truth, there is no possibility of failure to cure any case where there is life-force enough to justify the expectation that the subject can live.

SCALD HEAD.—This disease is said to be catching or contagious in some instances. Doubtless it is. But wherever it is communicated, there must be a predisposing tendency, on the part of the person taking it, to catch it. Hygienic children will not catch it. At least, I infer so, because in a good many instances I have known them to be exposed thereto, by associating with those who have had the disease in its worst and most repulsive forms. Essentially, I regard it as a scrofulous disease, originating in enfeebled blood-making organs, and dependent upon depraved conditions of blood. It is not in an exact sense a local disease. Showing itself as it does on the scalp, it nevertheless has its causal conditions in an imperfect action of the digestive and assimilative organs. Where the transmutative organs are so related to their office that when they come to change food eaten into blood, they cannot make it healthy, there may begin such a morbid condition as, when it shows itself, to do so in the form of this particular disease. The peculiarities of the disease are, that it appears upon the scalp, sometimes occupying patches of it only, sometimes involving the entire

integument of the upper and back part of the skull, making such deep and ulcerous sores as to kill out the hair-bulbs, and thus destroy that structure entirely. I have had to treat a number of cases where there was but very little hair left upon the head; and though the subjects of it under my treatment got entirely well, the scalp never afterward came to be covered with hair. Here and there were patches of hair, but the persons, though young, were essentially bald. In some cases, however, as bad as the former, the hair came in after the scalp was healed, and grew as luxuriantly as before. I never had but one case of this disease to treat where some sort of external curative, poisonous in its component parts, had not been applied. Some of them had had applied the most poisonous unguents which chemists could make, but with no effect, except in every instance to impair the general health. In two instances where such ointments or lotions had been applied, the patients were made very sick, and came very near losing their lives. Out of some thirty-five cases of scald head which I have had to treat, more or less severe in extent and chronic in duration, I have never failed to cure a single instance.

My treatment has been, in the main, as follows: First, a diet made up almost exclusively from preparations of unbolted wheat flour and ripe subacid fruits, a moderate amount of milk, an almost entire disuse of sugar, and a complete disuse of salt. Also, an entire disuse of flesh meats of every kind. Food to be eaten twice in twenty-four hours. No drink except pure,

soft, cold water. No medicines of any kind, or narcotic or alcoholic beverages. A wet-sheet pack three times a week at the least, and as much oftener, up to a pack every day, as the patient's robustness would permit. After each pack either a dripping-sheet, or a pail-douche, or a plunge, or a half-bath—as the circumstances of the case would permit—the water at as low a temperature as the patient could take and get thoroughly warm after it. Alternating with this treatment would be sitz-baths, at a temperature of from ninety to seventy-two degrees, continued from five to twenty minutes, as the case may be. Abdominal bandages worn all around the body night and day. A linen head or skull-cap worn night and day, wet. A cleansing of the scalp every day in warm soap-suds, followed by pouring upon the head water, as cold as the patient could bear, for the space of from one to three minutes, with such intervals of suspension as were necessary to make the process, if not entirely comfortable, yet endurable. A daily evacuation of the bowels; if need be, by tepid injections. Exercise moderate, and such as not to excite the heart or heat up the blood.

In several instances coming under my care the disease has metastasized; that is, it has gone from the head to some other part of the body. Whenever it has done so, the scalp has healed nicely and become smooth, and, to the degree that the hair-bulbs were not killed, new hair has come out. At the place where the disease was transferred, there would be violent burning,

rash, and boils of larger or lesser size. I recollect one instance wherein there came on the patient's body covered by what I call an abdominal bandage, not less than thirty boils, one after another, resulting in the entire purification of the blood and the tissues of the body at large. The person got entirely well.

I wish here to impress upon my readers who may have reason to know how to treat this kind of eruptive disease, the necessity of a proper system of diet for the patient. Diet and bathing constitute the two important and essential remedial agencies. Of course, proper habits of life in other directions are not to be overlooked; but, unless the person being treated can have proper food to eat, proper water to drink and to apply to the external surface, there is little or no use in making attempt at cure. If such attempt is made after the common medical practice, and it results in a cure, it is more likely than not that the patient will have some vital organ, like the lungs, stomach, liver or bowels, take on the disease; and then incurable conditions follow inevitably. But under the Psycho-hygienic treatment there is no danger of ill result. The vital forces are made to assume entire control of the organism; and to the degree that morbid matters are excreted and the blood and tissues made pure, will the general nervous system and the blood-making organs show larger and more efficient capacity.

COMMON ITCH.—This is a disease of the skin, with which almost all adult persons, at least once in their

lives, have been made familiar. Scientific investigation has shown that it is an eruptive or pustulous condition of the skin, caused by the imbedding beneath it of a parasite, an infinitesimal insect, which is communicated from one person to another by their coming into contact, or by one wearing the clothes of another, or sleeping in the same bed linen as the other. There is but little chance for any one who has had the disease to mistake it for any other kind of skin eruption. The diagnostic symptoms are pimples, watery at first, breaking out between the fingers, and itching intensely. Subsequently the pimples become pustular, or have in them thick matter, and at last, becoming confluent, grow into sores. These extend over the back of the hands, and all along the inner side or under side of the arms. They also, at a later or more advanced stage, appear on the calves of the legs, or about the ankles, and in the hollow of the leg at the knee. They also show themselves on the upper part of the chest, just below the upper end of the breast bone, or midway between the breasts. In some instances they show themselves on the back, over the region of the shoulder-blades, and down across the small of the back, and pretty well down upon the sides. The disease, if allowed to progress, comes sometimes to make quite extensive and very painful sores. It scarcely ever shows itself upon any part of the face, or upon the palms of the hands, or the bottoms of the feet, though I have seen cases in which sores broke out as badly between the toes as between the fingers.

For the cure of it, all poisonous ointments should be dispensed with. The mercurial preparation commonly known as "unguentum," or the other preparation known as "red precipitate," should never be employed. No such virulent poisons can do good without doing harm. True, they will kill the parasite, and cure the itch; but not infrequently at such an expenditure of vitality as to leave the patient broken down in constitution and ruined in health. Their use should, therefore, be sedulously discouraged. If anything in the way of ointment has to be used, I think the safest preparation is pulverized brimstone (not the sulphur of the shops) and hog's-lard, or any other animal oil which one may prefer. Make these two into a consistent unguent, and apply it to the sores for three or four nights successively, and the itch will disappear with less danger than by the use of any other ointment which I have ever yet seen. I mention this, because in many instances, persons having this apparent skin eruption are so situated that they cannot take Psycho-hygienic treatment, which, whenever it can be applied faithfully, will prove a thorough and substantial curative. No parasite under the human skin, nor, for that matter, in the human bowels can long withstand the effects of a thorough application of Psycho-hygienic treatment.

My manner of treating it where I can command the time and attention of the patient under the application of hygienic resources, is, in the main, as follows: First, a very careful and *spare* diet. Second, no drink but water; this, soft and pure. Third, abundant bathing,

bordering on the heroic style. For instance, where the person is otherwise vigorous, I would give daily sweating of a pretty effectual kind, to be followed by tonic half-baths, or dripping sheets, or plunges. Packing in cold, wet sheets, with the person lying in long enough to get up a condition of the skin approximating to a decided sweat, followed by cold effusions, or some form of cold baths, will, in a little while, prove very effectual. I think it quite competent for the itch to be starved to death while the patient eats plenty of food himself. Unless the tissues are very foul, and so in a good state of preparation to take on the disease, there is but little risk of one's catching it. I have handled, in the last twenty years, a hundred patients having the itch, and never had it communicated to me at all. I fear it but little more than I should yellow fever. I believe the time is to come when a great many of the diseases now supposed to be contagious, will entirely disappear—at any rate, will not be communicable to persons whose conditions of living from birth have been thoroughly hygienic, nor will they be exposed to take them in any form. My reasons for thinking so are, that as far as I have been able to make my own life, and the lives of the immediate members of my family, hygienic, have we come to be and to feel ourselves to be unsusceptible to a great many forms of disease to which a great many persons are, and feel themselves to be liable. I seriously doubt whether a child born of healthy parents if it were taken from the period of its weaning, and fed up to adult age upon

food composed entirely of unbolted wheat-meal and good soft water, in such forms of preparation as might be possible under a commingling of these two substances, and in addition thereto have the use of ripe fruits in their natural state, could under any circumstances have the itch. At any rate, the disease would be very light, and would readily yield to Psycho-hygienic curatives.

CHAPTER XVI.

MEASLES.

THIS disease is the product of modern civilization. At least, it was not known among the ancients in the form in which it now shows itself. It corresponds in the human subject to a disease common to swine; is essentially a skin disease, caused by changes which the blood undergoes from the introduction of specific poison into it. Originally it must have been in consequence of such depravation of blood as arose from inaction of the liver and kidneys, bowels and skin. Whenever the liver and kidneys take on a specific abnormalism, and, in consequence, the bowels become inert, and the skin defective in its action, waste matter accumulates in the system, and as it remains there undergoes chemical changes, making it not infrequently decidedly poisonous. When the system becomes charged with it, eliminations of it by the skin produce skin disease. This undoubtedly was the way in which measles at first originated. Whether by the food eaten, or the water drunk, or the drugs taken, a specific poison was introduced into the system, I am not able to say. Of this fact I strongly surmise, that the poison was introduced into the system through the flesh of the hog.

I infer this because I have seen, in a great many instances, the flesh of that animal having the same appearance that the flesh of the human subject has when thoroughly infiltrated and externally covered with measles. The external surface of a measly swine corresponds as near in appearance to that of the external appearance of a human being well broken out with the measles, as the difference in structure will permit; and the interior of the flesh of a measly hog is filled with the measly coloring.

It is not difficult to conceive that human beings may have been poisoned by eating such flesh, the disease once fixed in them becoming accommodated to the peculiar nature and qualities of the human body so as to be readily transmitted by contact one with another, whenever the disease palpably exists. It is as easy to transfer measles to the human system, and alter it in some of its constituent elements, as it is to take the eruption which is on the bags of cows, and introduce it into the circulation of a human being, and thus produce what we call kine-pox. If it be true that measles did originate in the use of swine's flesh, or of the flesh of some other animal susceptible like the swine to such a poisoned condition of the blood and tissues, why is it not fair to infer that persons who shall live in the disuse of animal food long enough to have changes in their blood and organized tissues so made as to amount to a constitutional recast of them, may become competent to transmit this new condition to their offspring, and these to others, until at length a

class or breed of persons shall exist upon whom the specific poison of measles will have no effect. If diseases which at one period of the world affect human beings in general, do die out, by reason of the modifying influences of climate, and changes in the general habits of life of human beings, so that they cannot take on such diseases, why may not my hypothesis with reference to this and other eruptive diseases be true? I do not see why it may not be. In fact, I do not see why, under a proper respect to, and application of, the laws of life and health, carried on from generation to generation, through a period of time long enough to produce all the constitutional modifications for the better of which the human body is capable, persons may not become so related to life as to have no disease at all.

There are cases now and then of just this kind happening. Every little while in some newspaper will be an account of a man or woman who died at an advanced age, never having been sick a day in his life. Here and there, also, will appear in some newspaper a fact that a person has lived in districts where the neighbors have had some particular disease year after year, and he has not been touched by it. One such fact as this involves the existence of the universal law. The reason why its efficiency is not made universal, is because the conditions necessary thereto are wanting. Set to work and create the conditions, and the law makes itself applicable to all persons who are in such conditions. The possibility of such a result

should never be doubted while one such fact exists. Measles may be diagnosticated as follows: First, a dull heavy headache comes on, together with some slight fever, generally attended with a dry, hacking cough, a furred tongue, swollen eyes, flushed face, hot head, cold hands, cold feet, and either a lack of or a voracity of appetite. In some instances, just before the eruption breaks out, the person will have a fit, not convulsive, but fainting, not infrequently coming on during the meal-time; if at such time, to be followed very soon, if all the circumstances be favorable, by an eruption, beginning either on the bowels or on the feet or face, extending over the entire body. The period of incubation, or hatching, as it is termed, varies in different persons, and, therefore, can furnish no guide for the inquirer. When the eruption appears on one part, to have the patient do well it should speedily cover the whole body. If it cover only patches, then the patient is likely to be sick, having a severe fever.

In such a case nothing is so good in the way of treatment as ablutions of the skin. Of these, no form is so good as the wet-sheet pack, if the patient is so situated as to have it applied; if not, then towel-washings or sponging in tepid water all over the body, keeping the person from getting chilly. If the weather be warm, there is no need of any particular care in this direction; but if the weather be cold, there should be a fire in the room while the bath is being given. When the bath is given and the person is in bed, well-covered, the windows may be opened, or such other means of

ventilation used as may be available, so that the patient shall have plenty of pure air, for the effluvia arising from the measly body is vastly diffusible, and can mingle itself up with the atmosphere of the room so as to impregnate the air, and soon make it foul. Give, then, to the patient plenty of air; but see to it that he does not become exposed so as to check the cutaneous circulation, because to promote it is the object of taking the bath. It is always well as soon as a person gives signs of being measly sick, to secure an emptying of the bowels. This is readily and safely done by injections of tepid water plentifully administered, oftentimes in such quantities as to fill the bowel up to the sigmoid flexure, carrying in its downward passage all feculæ, and rinsing and washing the bowel out thoroughly.

There are four rules for the treatment of measles worth popular and professional notice: First, keep the head cool and the feet warm; second, keep the skin in good circulation; third, keep the patient quiet, letting him not see company; fourth, keep him on a fluid or semi-fluid farinaceous diet, until convalescence is thoroughly begun. Then be careful about exposure to lower temperatures of air than he has been accustomed to. Also be careful that he is not overtaxed. Under such circumstances, not one person in ten thousand—child or adult—need die. Of course, this statement does not include the complication of other diseases with measles. If the child is excessively scrofulous, or if the adult has dyspepsia, or congestion of the lungs, or liver complaint, and is attacked by the mea-

sles, in spite of everything to the contrary such person may die. But where, up to the time that a person takes on measles, he has shown freedom from other diseases, there is not the least danger of his dying if carefully and hygienically managed. Doctors of all schools, I believe, will recognize the correctness of this statement; for they themselves scarcely ever give any medicines to persons afflicted with the disease, provided it is measles pure and simple, and the only disease which the person has.

Where one child or person in a family has been exposed to it and taken it, unless there are strong reasons why another or all other members of the family should not have it, it is better to let it run through the entire household. For, first, the family has to adjust itself to its presence in the case of one person at least, and, appearing as it does in that case, it will go through the family in successive stages, and will cause less trouble, less anxiety of mind, and less difficulty to manage it then, than at any future time. I know it is a common thing for parents to try to keep their children from catching it when it is in a neighborhood, but if they would only make their children live hygienically they need not fear it at all. In fact, hygienists as a general thing think nothing about it. I have known a lady friend of mine, whose children had never eaten any meat or butter, but had lived upon grains, vegetables and fruits, very simply cooked, and whose conditions of personal cleanliness were habitual, deliberately to expose her children to take the measles, and, when

they did so, to pay no sort of attention to them beyond that which she usually gave, saying that she was not at all afraid that her children would have them so as to lay them up, and, in truth, they did not. They only had a slight manifestation of the disease, not sensibly affecting their conditions for over twenty-four hours.

An additional reason for having persons have the measles when they are young is, that the disease is less likely to affect them constitutionally than after they have become adult. Men and women are sicker whenever they catch the measles than children are, and are apt to have their health more seriously affected by the indirect results than children are. But as regards the treatment which they need, what is fit for the child is fit for the full-grown person, making such difference in the vigor of the remedial application as the difference in the confirmed vigor of the system demands. Any person who finds himself about to have the measles, may accept my suggestions with perfect confidence that he will come out of it all right, provided, always, he is not already sick. If he be, then he must be all the more careful, and all the more patient, and all the more trusting to nature and to good nursing.

CHAPTER XVII.

CROUP.

THIS disease is common to children of the United States in almost all parts of it. It is an inflammation of the wind-pipe; is distinguished from the common inflammation of the upper part of this organ by a predisposition to the formation of false membrane. I think it substantially the same disease as diphtheria, with the exception that the latter always passes into the stage of false membranous formation before death ensues, whereas croup oftentimes produces death by pure inflammation without any false membrane forming. The disease may be regarded, however, as so nearly like diphtheria as to justify the same treatment in the one case as in the other, though diphtheria is usually a severer manifestation of inflammation than croup. Croup has one peculiarity attaching to it which diphtheria has not; it is confined entirely to children, whereas diphtheria attacks persons of all ages, from the child to the person of mature life. Children only of a definite age are usually attacked by croup. The period in which the disease appears is that between the first and the eighth year of age. In the first months they do not have it; older than this, they seldom, if ever,

have it, though cases are seen where this law of action does not obtain.

Croup has been divided by medical men into two or three stages. The first, that wherein premonitory symptoms are seen, attended by nasal catarrh, the throat becoming at the same time hoarse, while the subject is, along toward the evening, somewhat debilitated and fretful, showing a complaining, peevish, irritable disposition, with irascibility, forgetting what it usually remembers—distinctions in age, position and relationship. A croupy child will behave just as badly towards its parents, or persons who are so much older than itself as commonly to make it respectful, as it will to one of its own age. This symptom is one of the best which we can get at whereby to distinguish this disease from any other affection of the throat. There is always in the premonitory stage, with other symptoms, a dry, hacking cough, sometimes resembling the bark of an old dog; the child will complain of irritation and burning in the windpipe, and say that it is in pain there. At this period the breathing is always labored, and the child carries its head a little forward. Not a very clear indication can be had from the pulse, though this is what doctors call dry and hard; but the face is usually suffused with a flush, looking as if the child had been running hard. Croup often attacks children between the hour of going to bed and midnight; generally, if in the night, before rather than after twelve o'clock. When the disease appears in the night, its progress is much more rapid than when it

appears during any period of the day-time, especially if the day be warm and sunshiny. When children are as far along in age as they can be and yet be liable to croup, they complain of burning about the throat, as if they had drunk an infusion of red pepper. Where this burning sensation exists, the voice soon after becomes hoarse in a marked degree, and wheezing commences. About this time the external surface of the body becomes hot and feverish to the touch, the pulse becomes quicker, and the eyes have a vacant stare. This may be termed the second stage, from which, if the disease is not checked, the subject passes readily into the third stage. Then comes the disposition to lie upon the back, to refuse to talk, and if a coughing fit shows itself the face becomes very anxious. From this period not more than twenty-four hours usually transpire before the child dies.

In croup, as in diphtheria, what is done should be done quickly. The old Latin maxim is very pertinent in this disease: "He does a thing twice who does it quickly." I have never had a great many cases of croup to treat, my experience having been summoned in the direction of the treatment of diphtheria; but as diphtheria is by all means the severer disease, I have felt, in whatever cases of croup my services were demanded, that the treatment which has proved so eminently successfully in diphtheria must prove, in the same ratio, successful in the treatment of croup. So I always considered that, with the exception of the difference in severity of symptoms,

and in the fact that diphtheria attacks persons of all ages, while croup scarcely ever attacks persons older than eight years, that the treatment of diphtheria would be proper in croup. I have followed it, therefore, with such modifications as difference of age and constitution and severity of affection might demand, and have never lost a case out of over fifty cases of croup which I have had to treat. I never lost a case of diphtheria out of hundreds where I was called before any drug-physician had been called.

The treatment for croup, therefore, I recommend, is as follows: First, just as soon as a child of scrofulous diathesis or habit of body begins to show symptoms like a common cold, either in the direction of hoarseness of the throat or catarrh of the nose, prompt measures should be taken to prevent the disease from fixing itself upon the larynx or windpipe; for a common catarrh of the nose, when once it extends itself to the windpipe of a scrofulous child, readily becomes transformed into croup. Therefore to prevent a croupy state is simply good sense on the part of the parent or whoever has the child in care. To do this nothing further is needed than to keep the child from exposure to further changes in the circulation; to avoid exposure to getting wet or chilly on the surface of the body; to secure by tepid injections of water an active movement of the bowels; to lower the circulation by dispensing, for the time, with food; to give the child plenty of pure soft water to drink, in order that blood-washing may take place, and the blood become purified

by having waste matters carried off through the various excretories; to add to this vigor of excretion by having the external surface of the body thoroughly cleansed from all lodged perspirable matter, by washing it in water of a mild temperature; to keep the child in the house, and quiet, the room where he is confined being well ventilated; to secure soon after the appearance of the first symptoms of the disease a good sound, quiet sleep for him—all these combined serve a curative purpose to the life force, which can scarcely fail of complete and thorough efficacy. In such a case, the child will be relieved from all the manifested symptoms in twenty-four hours, though retaining a great susceptibility to a re-appearance of the disease unless care is had for several days. But when, from any cause, primary symptoms have been neglected and nothing therefor has been done until the disease has passed into the second stage, the treatment which I have recommended for diphtheria should then immediately be employed.

Take, then, a child in the second stage of croup, and, as soon as possible, put him into a bath of water at a temperature as high as he can bear. I have often used water at a temperature of 105° . If it be possible to do so, immerse the body from feet to neck, leaving nothing out but the head. There let him sit until thorough sweating takes place. If such a thorough submerging of the body cannot be had, then cover the body with blankets, wrapped about the neck and extending over the tub in which he sits, until the heat cannot readily escape, and thus produce sweating. If

this cannot be done, wrap the body up in cloths, wrung out of hot water as often as is necessary to produce the desired sweating. After having sweat the child thoroughly, take him out, and wrap him up in a wet sheet dipped in cold water; one need not be afraid that it will be unpleasant. After having been heated up as he has been by his sweat, the cold sheet will feel pleasant. Wrap him up, therefore, in it, and wrap around him plenty of blankets, and lay him away on the bed, putting a cold cloth on his head. Leave him there for half an hour, if he does not complain of being chilly or in any way particularly uncomfortable; and if he falls asleep, then leave him for an hour or two; for sleep is a better restorative under such circumstances than any other which can be used. Be this as it may, when he is taken out he should have a cool effusion, or a cold wet sheet or towel-rubbing, rubbing the whole body vigorously, especially the chest and throat, not forgetting the necessity of keeping a thorough circulation in the extremities, to secure which, vigorous and long continued friction should be used. Wipe dry after this washing, and then put on a wet throat bandage; if dipped in ice-water, all the better. Over this put a dry one. Put on a pair of chest-jackets, the inner one wet in cool water and wrung out, so that it will not drip; the outer one dry. (For the knowledge how to make it, see "HOW TO TAKE BATHS," in the back part of this volume.) Put also, around the abdomen, or lower bowel, a wet compress; on the head, a head-cap or band wet in ice-water, rewetting it as

often as is necessary to keep it cool. Wrap the lower limbs up in hot flannels, and lay the child away in bed. In ninety-nine cases in a hundred the patient will go to sleep. When he wakes up, there will be no croup to be found; an entire change will have been wrought, and nothing more is needed but to give to the child opportunities for the most thorough quiet and the completest rest. In case, however, the symptoms are not abated, but are only slightly mitigated, go through with the same thing over again. It will not hurt the child, but will benefit him. And if when the second process has been wrought out there is no benefit, try the third. There is no danger, or, at least, not half as much of doing the child injury under his circumstances by treatment as by letting him alone. The true treatment of croup is by increasing the circulation to the skin, not by the bowels, nor by the kidneys, nor, of course, by the lungs. Determine insensible as well as sensible perspiration in the largest possible measure to the skin, and the child cannot die. Fail to do this, and the chances of life are against him.

Whenever the symptoms have improved and the disease seems to have abated, and it looks as if the victory had been won, let no such mistake be made as is often made by allowing the child to resume at once its ordinary conditions of life. For days, the greatest care will be needed in the direction of the use of food and of bodily exercise, and particularly of exposure of the body to sudden suppressions of its external circulation. The child should wear his throat and chest jacket for

several days after disease has apparently disappeared. He also should have, for two or three days, nothing but fluid or semi-fluid foods, and these of an anti-phlogistic or uninflammable kind. Farinaceous and fruit foods are better for him than any other. All animal foods, together with sugars and oily aliments, should be kept from him. He should have only those which are nutrient and unexciting. The heat-forming foods, therefore, should be dispensed with. His bowels should be kept open by injections of water; and every day, until his health is fully restored, he should receive a good, vigorous, tonic bath.

Such treatment, applied under such circumstances, will cure in all cases, except those where there is such scrofulous development, seen in very great enfeeblement of body, as clearly to indicate a constitutional inability to react against any severe abnormalism. When the disease has been permitted to pass to the third stage, there is no help for it. It is then incurable. The most that can be done by any treatment is to palliate the conditions of the sufferer somewhat, that he may die as easily as possible. With reference to this disease, as with all others, it is better to have the child so live that it cannot have it, than to live so as to have it, and then to cure it.

CHAPTER XVIII.

DIPHTHERIA.

THE word diphtheria is derived from two Greek words, signifying a membrane. The name was given by M. Brettonneau to a class of diseases which are characterized by a tendency to the formation of false membranes, and affect the mucous membranes, and sometimes the skin. It is not a contagious, nor an infectious disease, but only epidemic.

The causes that produce it are of two classes :

1. The predisposing, or those which operate to fit the organism to take on such abnormal conditions as are indicated by the disease.
2. The proximate, or those which immediately operate to produce these conditions.

The predisposing causes are to be found in the general habits of life common to the people of our country. Till attention is called to it, thinking persons are not aware how uniformly and strikingly similar the habits of all children are. As for instance, in the sphere of dietetics, almost all children eat the same kinds of food, prepared in nearly the same ways.

Culinary preparations, at the beginning of the autumnal season, and so on through the winter and spring,

partake largely of oleaginous materials. Butter is one of these, and is used largely; fat pork is another, and lard another. So also sugar, or syrup is used largely, and so, as a condiment, is common salt. Now, with grains, vegetables and fruits as a base for our foods, with butter and lard intermixed, and flesh-meats, as staple articles of diet, together with narcotic beverages, in more or less use, the conditions of the blood, of the fleshy tissues, and of the nervous systems of children are such as greatly to predispose them, under circumstances unfavorable to health, to take on diseases of the mucous membrane. Add to these predisposing influences those which grow out of confinement in school-rooms, where the occupants are compelled for hours to sit upon benches and study, while the air which they breathe is quite impure, or if not so, is of such a temperature that the stratum in which their feet are bathed, is from 5° to 10° lower than that which envelops their heads, and you have another predisposing cause to the production of this disease. To this add another in dress, and you have efficient causes enough to predispose the bodies of such persons to take on the disease.

Consider with me now the proximate causes. These may be regarded in the main as two:

1. Sudden and great changes in the degree of temperature of the atmosphere.
2. Suppression thereby of the circulation of the blood on the external surface of the body, and the forcing of it thereby violently upon the internal skin, or, as it is called, the mucous membrane, thus inducing severe

congestion at the throat, in the case of such persons as, by the operation of the predisposing causes before alluded to, have had their vital resistance weakened, and so are specially fitted to take on such congestion. Under the general habits of living common to our adult and child-population, therefore, and the imperfect action of the inherent forces of the living organism, in the department of the circulation of the skin, together with the sudden changes of temperature common to our climate in the autumnal, winter and spring seasons of the year, are to be found the efficient causes for the existence of this disease.

It is a curious fact, which statistics most certainly show, that of adult persons or children, who take the disease, females, as compared with males, in the best ratio rank as two in three, and in the worst ratio they rank as three in four. Thus, under the most favorable view, two-thirds of the persons attacked are females, and under the most unfavorable view, three-fourths are females. It is easy to account for this from two simple considerations :

1. In the case of adult females, women eat nearly as much carbonaceous material for food as men, yet they live so as to get very much less pure, and very much more impure air than men. As a consequence their blood becomes less perfectly aerated, or oxygenated, as it is termed. From want of aeration it becomes foul, its constituents being made up largely of materials which have been separated from the solid tissues, and received into the blood with a view of be-

ing passed through the various eliminatory departments, which are the lungs, the bowels, the kidneys, and the skin. Not being carried off as they should be, they become acrid and poisonous. When under sudden changes of the temperature, therefore, the blood is forced from the capillary blood vessels of the skin back upon the capillary vessels of the mucous membrane, the impurities in the blood become a source of irritation and inflammation.

In the case of children, the dress of girls may account for their preponderance in numbers of those who take the disease. Has your attention ever been directed to the unhealthy way in which, for the most part, parents dress their girls, especially during the colder seasons of the year? A boy has thick covering for his feet and legs in the shape of high-topped boots, with thick soles, and woollen stockings, and a pair of pantaloons coming over his boots down to the ankle. A girl has a pair of calf-skin bootees, with stockings, a pair of pantalettes coming a little below the knees, together with a short skirt which serves no other purpose in the world, save to hide her nakedness, but that of so arranging the lower portion of her body as to bathe it continually in air, which, if of low temperature, must necessarily produce constant and uninterrupted chilliness of the surface. As an illustration of the truth of this view, one has but to carry an umbrella over his head when currents of cold air exist, to find how much sooner, with the umbrella, the upper part of the body becomes chilled, than if he did not have it. Now, thus

to chill the lower extremities from want of proper clothing, and by means of the ill adaptation of such clothing as the girl wears, is to force the circulation to the upper portions of the body, and, when the temperature is cold, to drive the blood from the external surface of the upper extremities to their internal surfaces, thus producing the congestions which are termed diphtheritic.

What then is Diphtheria? It is a disease of the mucous membrane of the throat and air passages, caused by their sudden inflammation. So far it is like croup, and simulates common influenza, as this is often seen in its incipient stages. The points of difference between these diseases and diphtheria are frequently noticeable in their incipient stages, but become more obvious in their advanced stages, through the more complicated conditions in diphtheria than in croup, influenza or scarlet fever. Persons taken with croup, nine times out of ten show like symptoms; so they do in cases of influenza and scarlet fever. In croup, especially, may the disease be said to be local, scarcely dependent upon any general derangement of the organism. Children may be, to all appearance, very healthy and almost instantaneously show croupy symptoms. Influenza is almost always preceded by headache. In scarlet fever, a child, as a condition precedent to any exhibition of difficulty of the throat, in a majority of instances shows disturbed condition of digestion. I have never seen one taken down with scarlet fever, who, as a condition precedent to its unmistakable manifestation,

did not show more or less irritation of the digestive organs for some time previous. The complications of diphtheria are as numerous and as variable as the persons attacked by it, and they differ very much by reason of the temperament, age, special conditions of sex at the time of being taken down, etc. I have seen persons, both children and adults, attacked with diphtheria, exhibit some or other of the following symptoms: Very sudden vertigo, with blindness; very sudden nausea, with vomiting; very sudden ringing in the ears, with deafness; excessive palpitation of the heart, with great faintness; the most violent neuralgic pains in the lower portions of the legs, especially in the heels; sudden and unconquerable desire for stool, with diarrhoeic flow; violent pain in the bladder, with great difficulty of making water; irregular, painful and sudden menstruation; chills, as severe as those in the chilled state of fever and ague; great mental irritability, producing mental excitement without cause, in some cases indicating great fearfulness, in others an audacity unusual, amounting in a few instances to temporary aberration of mind, in other cases exhibiting immoderate and excessive laughter; very difficult and painful respiration, in some cases amounting in severity to the worst cases of asthma,—in all such instances, however, these varied symptoms last but a little while, and pass away, to be followed by peculiar conditions of inflammation of the throat and air passages, now known to be unmistakable exhibitions of diphtheria. No such varied introductory exhibition of morbid conditions has it been my lot to witness

in connection with any other disease. For the most part the symptoms of any disease are, with slight modifications, the same in all persons. Scarlet fever, croup, bilious colic, fever and ague, typhoid fever, whooping-cough, yellow fever, acute dyspepsia, inflammatory rheumatism, inflammation of the bowels, dysentery, and so on, show so nearly, in all persons, the same morbid conditions, as to enable physicians of any experience, to determine, almost instantly, when brought within the range of observation, what the matter is with the person or persons affected.

But so far as my experience has gone, the introductory stages of diphtheria are quite likely to be different in different persons. Thus, out of the great number of adults whom I have treated, I might specify the following. A German hired girl, at work in my family, was taken with sudden blindness and vertigo, and fell to the floor. In thirty minutes the symptoms of diphtheria were unmistakable. A German hired man, who had not been sick in ten years, to my great disservice, upon splitting wood, and stooping over to pick up a stick, was taken with such violent congestion of the lungs as with great difficulty to breathe. In half an hour diphtheria was most manifest. A gentleman sustaining intimate business relations to me, and a member of my family, was taken all of a sudden with violent coughing. In a very little time the diphtheritic symptoms were in full exhibition. A woman cleaning house for me, was taken with violent pains in her heels, and in a little while showed particular affection of the throat.

Children whom I have treated have been attacked with a great variety of morbid conditions ; some complaining of darting, sharp pains in the eyes, some of ringing in the ears, some of pains in the bowels, others of chills running up and down their backbones, pains in their legs, and so on.

My treatment of this disease began years ago. At the outset I had in my own mind no very clear explanation to offer of the causes of the disease, and, therefore, I could not satisfy myself as to its nature. I, however, saw the unsuccessful results of the course then pursued by physicians of the Allopathic school, and in view of their want of success pursued a course of treatment converse to theirs. They seemed desirous to produce relief by increased action of the mucous tissue of the stomach and bowels. Some of them, therefore, gave emetics, but most of them gave cathartics. As most of their patients died, I saw no use in pursuing that course, so I turned my attention to the external skin, and sought to produce changes in the circulation of that structure, hoping thereby to produce the desired end. I know of but few men who have treated so many cases of diphtheria as my associates at Our Home, and myself. We have never yet lost a case. We have been the means of saving many persons who were considered to be in advanced stages of the disease, and many more who, having taken the disease, passed under our care in its incipient stages, and were saved, though they were members of families wherein from two to five persons had pre-

viously died under the drug-medicating plan of treatment.

Our success has been so great, while as yet our plan of treatment has been so simple, as really to introduce a decided change in the medical practice, in this particular disease, in this locality. I do not know of a physician of any school in this town, who has not practically abandoned the administration of cathartics in cases of diphtheria, and with such modifications of our plan of treatment as his own individuality would naturally prompt him to make, adopted, in fact, our method. The result has been that, whereas great numbers of persons four years ago died of the disease in this town, and whose deaths caused a real panic among the people, the disease has come no more to be feared than any other morbid condition of body common to our people. Owing to our residence here, and as the result of our teachings on the subject of health, or to some silent influence affecting the views of the people of this town, there is much more care given to the conditions of living of children, especially in the cold seasons of the year than formerly. This, of itself, in my judgment, is a very great security, for it stands to reason that if one can manage the predisposing causes he need not fear the proximate causes of disease. The best course to be pursued in any family, or in any community, in respect to this fearful scourge, is that of prevention, and to look well after the general habits of life is greatly to add to the securities against its appearance.

There is one feature connected with its exhibition and progress to which I feel bound to call public attention. It is its greater prevalence in families which are hereditarily scrofulous, and thereby predisposed to diseases of the throat and air passages of the lungs, than in families not thus affected. I have been able by personal advice and by personal examination in this direction, to forewarn parents of the liabilities under which they themselves and their children rested. A scrofulous child, permitted to eat pork, and, if a girl, to dress and live as do most children in our society, is predisposed to take on diseases of the air-passages, and when diphtheritic conditions of these exist, is as sure almost to die as he or she is to be attacked. Nothing under such circumstances saves the child, but the possession on its part of great vitality, and a medical administration marked by great judiciousness and care. The public does not know it, but it is none the less a fact, that scrofula has come to be a household disease in the United States. I can pick out a scrofulous man or woman, or child, just as far as I can see him. Such persons, more likely than not, are high livers, eat gross and high-seasoned foods, and in great quantities, and are, therefore, liable to take on inflammatory diseases, and to have these located in or about the throat and air-passages.

To live so as to be able to avoid disease is a very great attainment. That it can be done, and to such degree as to lessen in very large measure the number of persons who are likely to suffer from diphtheritic

inflammation, is as certain in my own mind as is the existence of the law of gravitation. There is no need, in the first place, of our children, nor of ourselves, having this disease, and in the second place, if, by reason of some carelessness on our part, in the way of simple, uncomplicated exposure, we find ourselves or our children attacked with it, there is no more need of our or their dying with it, than from a common cold in the nose. Two things we only want to know; one is, how to live so as to keep our bodies in the best possible relations to life; and, second, if from causes that are unhealthful we become sick, and diphtheria is the form of our sickness, to know how to treat it in view of the causes that have produced it.

My method of treatment has been as follows: When I repeat that out of the hundreds of cases which have come under my professional handling, I have never yet lost a case, I leave the public to estimate the value of the suggestions I now offer.

TREATMENT.—In all cases, no matter whether the subjects are children or adults, I have uniformly, as the first thing to be done, given a hot bath. Its temperature and duration were regulated by the age, sex, and vitality of the patient, the bath ranging from 98° to 110° , the person sitting in it from five to thirty minutes; always, however, until profuse sweating was produced. The bath I choose to make in such a way as to render it feasible to be given by any private family. Hence, it has been my practice to give a sitz-bath, for

which purpose any wash-tub will answer, by putting a block under the back side so as to tip it forward a little, and filling it as full of water as possible without having it run over when the patient sits down in it, and taking a common keeler, or pail, if the former cannot be had, fill it up partly full of warm water, for the purpose of immersing the feet, setting it down in front of the sitz-bath. I then place the patient in a sitting posture and wrap a heavy blanket round him in front, bringing it across his shoulders in the rear, and tucking it smoothly down. Then I bind his head in the shape of a wreath or band, with a towel wet in cold water, and let him sit till perspiration is induced. If the patient is a child, quite small, the arrangements must be made to suit size and age. In many instances an attendant is directed to kneel down, and lifting up one side of the blanket, dip his or her hand in water, and rub the upper portion of the chest of the person. If sweating is not readily induced, some of the water is dipped out, and hotter water poured in until as high temperature is raised as the patient can bear. I have never had a case where the primary symptoms were not mitigated, in some measure, as soon as increased action of the circulation by the skin was manifest.

Upon taking the person out my uniform practice has been to pack him. This, as most of my readers will know, consists in spreading upon a bed two or three woolen blankets, or a woolen blanket and comfortable, the woolen blanket at the top, and over these one or two linen sheets wet in cool water, and left so wet as

simply not to drip, and upon coming out, having him lie down and be enveloped in this wet sheet from head to foot, with additional cloths laid over the chest, and coming up close round the throat, these being cold or hot as my own judgment, derived from the sensations of the patient, might dictate. In this envelopment, just taken out of a hot bath, he feels very pleasant bodily sensations. The effect upon the nervous system is decidedly sedative, so much so, as, in a majority of instances, to induce sleep. If sleep is induced, I allow the nap to continue undisturbed, even though it be prolonged for three, four or five hours. If the person does not go to sleep, I generally permit the pack to continue from forty-five minutes to an hour and a half, as the patient's sensations may indicate.

During the period that the patient is in the bath, and while being put in the pack, the room is kept thoroughly warm, but upon being wrapped up in the wet sheet, the windows are opened, and thorough ventilation and lowering of temperature is secured, so that he may be sure to have the coldest air that can be given to him.

When ready to come out of the pack, the windows are shut, the temperature of the room raised, and when well warmed, the envelopments are thrown off; the patient lying upon the bed, an attendant proceeds to rub him with dry towels, until all moisture is removed from the body, and then rubs with the dry hand over the entire body until the skin is dry and velvety.

I then wrap the patient's throat and chest in wet

bandages. These are made so as to fit the parts well, and are covered by dry ones of the same shape as the wet. Thus enveloped, the patient is placed in bed, with a wet cap upon his head, and hot flat-irons, or a jug of hot water, or hot dry woolen blankets at the feet. An attendant is placed in charge of the room, which, if very much exposed to light, is shaded, and perfect quiet, if possible, thereafter is insured.

It gives me pleasure to say that, whether in my own cure, or at the houses of private families, I have never found this treatment to fail in mitigating the severities of the attack, no matter in what form it has appeared.

The course pursued afterward has been nearly as follows, qualified somewhat, as I have before said, with reference to the age, sex, and vital power of the subject:

1. Having induced, I have sought to keep up, thorough circulation on the entire surface.

2. To insure it in plentiful degree at the extremities, my object being two-fold—to relieve the over-burdened internal blood vessels, and especially those of the mucous membrane; and, second, to relieve the blood vessels of the lungs, throat and head. To do this, frequent application of warm cloths, wet or dry, to the extremities, or rubbing them with the dry warm hand has been practiced.

Next, freedom from mental anxiety, to as perfect a degree as possible, and to this end no visitors in the room, and no change of attendants, except such as was originally provided for. The practice of having half a dozen different persons have charge of a patient suffer-

ing from diphtheritic inflammation, is productive of such mental disturbance as, in many instances, to amount to *anxiety* of mind, and directly tends to, and not infrequently produces, cerebral congestion. From the family, therefore, two or three persons must be chosen to have the entire care of the case until all danger is past, and no other members of the family must, on any pretence whatever, enter the room unless desired to be seen by the patient.

Next comes the giving of food. Whether infant, child or adult, male or female, I never allow a particle of food to be given until I am sure that nature has reacted sufficiently to establish healthful circulation, and quite natural conditions of the nervous system. In some instances I have made my patients go three days, in others, four days, without taking a particle of food, permitting them, however, in the meanwhile, to drink freely of soft water. Until one tries it, he is not aware how well a person, whose organism is under inflammatory conditions, will find hunger assuaged by the free use of soft water taken internally. When the collective symptoms indicate such change as to relieve the patient from all danger, food may be given; but this should be of a fluid form, and should not be of a carbonaceous character.

Connected with the treatment, the furnishment of pure air is of prime importance. The disease is essentially one derived from imperfect aeration of blood, with imperfect elimination of waste matter. I then the treatment can be of such a nature as to set the

eliminative organs, especially the skin, which is the structure generally at fault, at work, and thus secure the thorough removal of waste materials from the blood, and the solid tissues, while, at the same time, the blood is properly aerated, there can be no failure of recovery to the subject. I have no doubt that one of the best things that could be done, in the treatment of this disease, were it readily practicable, would be the inhalation of oxygen gas. In default, however, of means to do this, the next best thing, as a curative, is to secure the free use of pure atmospheric air, which, by the way, would be, if freely used, a great preventive. I take it upon me, therefore, always to secure thorough ventilation, even though I have to knock a pane of glass out of the room where the sick person lies, or punch a hole through the wall so as to let the air in. The attempt, on the part of doctors and nurses, to have sick persons do well under their treatment in the absence of pure air, is characterized by such folly as to make one wonder why it is so persistently pursued.

There are some other points connected with the treatment of diphtheria to which it may be well for me to allude. One is, that many persons who are killed by the disease die from suffocation, this resulting from the formation of what the doctors call a "false membrane" in the air passages. This false membrane is formed out of thick mucus secreted from the mucous glands, and almost immediately thereupon forms into a thick imperfectly organized membranous shape, filling up the cavities of the air tubes, and thus rendering it im-

possible for the patients to breathe. The method of treatment which I have pursued has had the effect, while increasing the flow, to render the expectoration of the mucus perfectly within the control of the patient, and it has been wonderful to myself and to others to observe the quantities that have thus been secreted and coughed up in the course of twelve hours. Some of my patients have raised a quart, others half a gallon; one man in the course of forty-eight hours raised not less than six quarts of this slippery-elmish substance, and lost nine pounds in weight. The man's tissues must have been as foul as corruption itself. No other treatment that I have ever been made acquainted with, has seemed to produce this effect, which I consider of great importance.

Another consideration worthy of attention is the danger of relapse. It has been my practice, therefore, to keep my patients free from physical or mental fatigue for some days, and some of them for weeks, after all danger seems to have passed away. For, many of them, upon convalescence, show nearly the same conditions that persons do who have been taken with congestive chills, or with typhoid fever, and recovered. There can be no doubt that in many instances of diphtheritic attack, the cerebral disturbance is very great, the brain and lungs, and sometimes the liver and bowels being excessively congested, and that by the rapidity with which these organs have been relieved by the determination of blood to the surface, has recovery to the patient been insured.

Thus, have I tried, in common phrase, so that the most unlearned or unlettered person may understand me, to mark out the views which I cherish, and the course I pursue in the treatment of diphtheria.

Besides the cases treated personally by myself and associates, Miss Dr. Austin and myself have received hundreds of letters from persons who, having followed our directions in the main, have succeeded in the recovery of their patients. Some of these patients have been men, others women, others children, and with slight modifications they all tell the same story as to the results produced. Whenever my method of treatment has been taken in the early stages, and has been the only treatment pursued, it has been successful. To apply it to scrofulous children in the more advanced stages of the disease, and especially where these have been previously drugged, is to render the probability of success much less than it would otherwise be. But early attention to it, and a persistent following of it, I am satisfied will save a great majority of children who may be so unfortunate as to be attacked. It is far better so to bring up children as to reduce their liabilities to so low a point as practically to amount to nothing, than it is to rear them in such a way as to have them greatly exposed to take disease and when taken sick almost sure to die.

CHAPTER XIX.

SCARLET FEVER.

THIS disease is of the febrile type, eruptive in its character, and showing itself in its first stages upon the external surface, where efflorescence makes itself manifest. It spreads over the body, and terminates in cure or death from the fifth to the seventh day. The fever is usually accompanied with a more or less severe involvement of the kidneys, of the throat, or of some other organ or organs, not uncommonly, when death does not result from it, followed by dropsy. It seldom occurs but once to the same person. It has prevailed in the United States at times from their first settlement. In a history of epidemic and pestilential diseases published in Hartford, Conn., in 1799, it is said that it prevailed during a wet, cold season in New Hampshire in the year 1735, and was called "The Throat Distemper." The symptoms were a swelled, sore throat, with white or ash-colored specks, and efflorescence of the skin, great debility of the whole system, and a tendency to putridity. Of the first forty patients diseased, not one recovered. Very few children escaped. Although the disease was considered as very infectious, the writer says it took the young in the

most sequestered situations, and without a possible previous communication with the sick. Many families lost three and four children. The writer also says that scorbutic people, and those who lived chiefly on pork, and, of course, the poor, suffered the most. In some families it was mild, and in others malignant, and like a plague. Gradually the disease travelled westward; was two years in reaching the river Hudson from Kingston, N. H., where it first appeared—distance about two hundred miles in a straight line. Few adults were affected, its principal ravages being among persons under puberty. For many years it was epidemic, breaking out in different places, a striking proof that such disease will not become epidemic by the sole power of infection, but that some general cause must aid its propagation, or it will perish in its incipency.

Scarlet fever, like croup, has been by doctors divided into three stages. First, that which precedes the eruption; second, that of the eruption, and, third, that of desquamation or sloughing of the skin. One writer says that when scarlet fever proceeds in its regular or usual course, these periods are very distinct. My own experience with the treatment of the disease, which has been large, does not warrant these minute distinctions. I think, as in croup, measles and many other diseases where eruptions on the skin constitute one of the manifestations, the nice distinctions which doctors draw are, for the most part, fanciful. They do not help to determine either the nature of the disease or the methods which should be employed in its treat-

ment, because they do not show themselves with any regularity in all cases, and therefore can be no safe guide. There are certain symptoms which do show themselves, and these must be observed by the unprofessional, or else the treatment, except under the care of a physician, can be of no particular utility. Scarlet fever, in all cases, is attended in its first symptoms by general uneasiness, headache and vertigo. The patient is more likely to show the first marked symptoms of the disease during the eating of food, if such takes place soon after the first complaint of sickness is made. A child, about to have or having scarlet fever, will, as soon as the febrile symptoms come to exist, so as to make the skin hot and the face red and the head ache, oftener than otherwise ask for food, saying that it is hungry. If food is given, it will eat it voraciously, and almost always immediately after ceasing to eat be taken sick at the stomach and vomit. Following this regurgitation of food come chilliness and rigors with increased headache, the child asking to go to bed. Being in bed, it will go off to sleep and moan and groan and turn from side to side, avoiding the light if possible to do so. There will be aching of back and legs, increased sensibility, not unfrequently delirium, and sometimes convulsions. If at first the fever is slight, unless the disease is held in check it becomes severe, skin dry and hot to the touch, the face either congested or slightly reddened; if the mouth is examined, the fauces and pharynx will be red, and the tonsils will be swollen; and congestion will exist in the back

nasal passages, oftentimes so as to produce pain. This will be the manifestation of the disease on the first day.

On the second day, the eruption will appear; sometimes, some writers say, as early as within twelve hours after the child has first complained. With the exception of one or two instances in my practice, I have never seen the eruption break out as early as this, except where vigorous hydropathic treatment had been applied immediately upon the child's first making complaint of illness; then, almost immediately after the application of such treatment, the eruption has shown itself. I think the law of the case will admit in its action of great modification in view of treatment given. Where internal remedies, whether homeopathic or allopathic, are administered, the eruption or efflorescence will not show itself until the second, sometimes not until the third day; but if upon complaint of fever the hydropathic treatment is applied, in the form of wet-sheet packing, bathing and bandaging, within twelve hours thereafter the eruption will appear. Whenever this does appear there is no danger to the child, provided the eruption can be kept active and permanent. To do this, nothing is needed but good common-sense treatment, all to be described within this statement: Keep the head cool and the feet warm, the circulation to the surface, the bowels open, the mind quiet. Keep away all food, and especially animal food; to eat nothing is better. Keep the room in which the patient is in shaded light, the house free from noise. Let the child have one set of nurses; and

let Nature have her way. Unless the child is scrofulous or has been suffering from some acute or chronic disease previously, in nine hundred and ninety-nine cases out of a thousand the patient will recover.

Now, one would think that such a formula of treatment was easy enough to follow, yet so ignorant are most persons of good nursing-knowledge that the majority of them would not in such case know how to do what I have told them above; hence a necessity of specifying how to do it. In all eruptive diseases there is no application so good as that of external bathing. This should be given, if possible to do it, in the form the least exhausting and the most sedative. This form is the wet sheet-pack. To know how to take it, see Miss Austin's tract on baths, in the latter part of this book. The effect of a wet sheet applied in the form of a pack is so sedative while as yet it is so efficacious in producing a flow of blood into the capillaries of the skin, that no other method of giving water on the body of a sick person who needs perfect quiet or as little disturbance as possible can equal it. If Vincent Priessnitz had never done anything else for mankind but to have discovered and brought into use this form of bath, he would have done enough to make him immortal. It is by all means, and without question, the best form of bath, and should be as common as it is uncommon in families, with the healthy as with the sick. It is, by all means, the best sedative which I know. It may be taken with perfect impunity by the feeblest, as well as by the strongest, if it is properly applied. A bad

application of it is that which connects with it the taking of an additional ablution in the form of a dripping sheet, a half bath, a pail douche, a spray, a plunge, or some other form of application of water. To make the pack just what it should be to a very feeble person, its application should be made but for a short time, and on coming out no water put on the body; but dry towel rubbing, followed by hand rubbing for five to ten minutes, should be substituted. Then, if the person is able to exercise, well and good; if not, he should be placed in bed. I mention this at this point because, in many instances, children who have scarlet fever are constitutionally scrofulous, and therefore of delicate organization, and show but little vitality at best, and when afflicted with this disease cannot bear in any degree vigorous remedial measures. If, however, the subject of scarlet fever has a good degree of vital robustness, then a wet-sheet pack may not only be had, but it may be followed by cold ablution without danger, the application of bandages as in the case of croup, and so, in the main, treatment the same as croup. It is not a dangerous disease if treated Psycho-hygienically, but if treated after the ordinary form of drug-medication, the subject is, in my judgment, more likely to die than to live. At any rate, under the common medical methods of treatment such ill success has ensued that the disease is almost as much feared by the common people as is the small-pox.

I need not describe the third stage of the disease, because, unlike croup, diphtheria, or any other erup-

tive disease which has its several stages, the third stage is self-curable. It is what is called the period of desquamation. What, therefore, is to be done should be done during the first and second stages.

For preventive measures, they lie within the range of hygiene, and so much within that range as to warrant my saying what I have said under the head of measles, that if we were to live hygienically for a period sufficiently long to have children take on the constitutional tendencies to health in as marked a degree as, under our present habits of living, they have taken them on to disease, scarlet fever would be a thing unknown; the vital resistance in such persons would be thoroughly prophylactic, and the disease would not exist; or, if it did exist, it would take on only the slightest type and never assume the malignant form.

Perhaps I ought to say something with reference to the complications of scarlet fever. The most important of these are, first, diffusive inflammation extending from the throat to other organs in proximity and having sympathetic relations therewith. Thus, oftentimes, the mucous surface of the ear becomes so affected as to suppurate, and organic lesion takes place, and the subject becomes deaf; or, second, congestion or passive inflammation of the mucous lining of the intestines; or, third, of the urinary organs. Some physicians say that the membrane or substance of the brain becomes involved; so also of the lungs, not infrequently of the synovial membranes with effusion in the joints.

I think that the kidneys become oftentimes seriously affected in the early stages of the disease. One eminent English physician gives it as his opinion that they are always more or less affected at an early period of the disease. Wherever I have seen the kidneys affected, it has been during certain seasons of the year. Dr. Johnston, an English physician, says, that in his practice he often observed the face to be much bloated and sallow, the neck swollen, with cadaverous look, and the whole body edematous to such a degree that impression made with his finger upon it remained fixed. At the third or fourth day the breath becomes fetid, and the patient spits off large quantities of purulent mucus, very offensive. Another writer says that he cannot hesitate to state his conviction that in many cases which terminate fatally at an early period of the disease, where the eruption being abundant or scanty is suppressed, this is due, in great measure, to the early implication of the kidneys, and that this condition of them was overlooked. In cases where there is a diffusive inflammation of the intestines, it may be caused by the passage of the purulent secretions in the throat to the stomach, especially in children. Dr. Johnston says that one reason why children are attacked with violent griping, dysentery and excoriations of the lower bowel, is because the pus which they swallow retains its virulence throughout the entire alimentary canal. Sometimes diarrhœa complicates this disease, and then, in children, convulsions or insensibility not uncommonly are seen ending in death. When, however, the diarrhœa

is moderate, and the child does not vomit, there is less likelihood of an unfavorable termination.

I have said in the opening remarks on scarlet fever, that sometimes dropsy follows. This dropsy, I think, arises from the derangements to which the kidneys are subjected. Its cure is to be insured by establishing a much more permanently active condition of the circulation of the surface of the body.

As scarlet fever is generally considered to be infectious, it is always well to take proper measures to keep any person having it as secluded as may be; and in order to render the probabilities of others having the disease as few as possible, all hygienic measures which are available should be adopted. As soon, therefore, as one member of a family is seized with scarlet fever, the other members should be placed promptly under the best possible conditions of vital energy; hard labor should cease, less food should be eaten, abundant sleep should be had, thorough cleanliness of body should be insured and proper defecation of the bowels should also be had; pleasant, social conditions should exist; irritating and perturbing influences should be prevented. In this way disease-preventing conditions could be greatly increased, and so not unlikely the other members of the family would escape, a thing very desirable to bring about, if possible.

WHOOPIING-COUGH.—This disease is described by an eminent writer to be a convulsive and suffocative cough, accompanied with a reiterated whoop, occurring

in paroxysms, ending with expectoration of phlegm and frequently with vomiting; is infectious, and appears but once through life. It is generally supposed to be a disease not materially to be modified by any kind of treatment, having its natural stages to run, and not being so dangerous as to warrant any other remedial measures than those which are palliative. My own practice in its treatment has been sufficient to cover the various forms which it assumes, from those which are mild to those which are very severe, and which, when connected with other complications, have ended in death. I have never found any difficulty in treating the disease, and my best methods have been those which were Psycho-hygienic, sustaining the strength of the child by proper habits of living, and allowing it to take its chances.

I therefore have nothing to say on the subject beyond this simple advice, to give every child as good conditions in general as it is possible to do, and when it has caught the whooping-cough, with the exception of little palliatives to relieve a present paroxysm, nothing more specific than what has been previously done should be attempted, leaving the child to nature, with good nursing on the part of those having it in charge. Under such circumstances, the likelihood is that ultimate complications which would be destructive to the health of the child will be avoided; and when the disease has run its usual course, the child will recover from it and no permanent ill results ensue.

CHAPTER XX.

SUMMER COMPLAINT.

THIS disease is oftentimes termed by doctors "cholera infantum;" is supposed to have its origin, many times, in disturbance of the nervous system, and so of the circulation, consequent upon teething; but I make a distinction between teething diarrhœa and ordinary summer complaint common in the United States. The latter disease, I think, is attributable, generally, to bad habits of living, chief of which are bad food and the use of bad water as a drink, and such other habits of living as involve a derangement of the external circulation. Of these I may mention want of cleanliness of skin and insufficient clothing to the lower limbs. To avoid summer complaint, therefore, nothing is needed but to make children eat healthy food, the chief of which should be the farinaceæ and good ripe fruits, and to take daily or tri-weekly ablutions, and good covering to the legs, with such other hygienic measures as are easily to be employed, involving, as these would do, regular habits of rest, exercise and recreation.

When, therefore, a child is attacked with summer complaint, regulate its food, bathe it every day, give it plenty of sleep, keep its lower limbs warm, keep the bowels clean by tepid injections, keep it away from

exciting associations, and nature will take care of the case. In fact, the treatment is all the more efficacious the simpler it be. There is no danger from the diarrhoea, provided, meanwhile, the kidneys, lungs and skin can be made to perform their natural offices. Under any such circumstances, the disease goes away in the course of three or four days, and the child in a week or ten days will be well. Where parents administer powerful internal remedies "to act," as they call it, upon the liver, stomach and bowels, they are more likely to cure the diarrhoea by substituting for it a bloody dysentery than otherwise. They, therefore, better let nature have her own way, confining themselves to the customary sphere.

DYSENTERY.—This differs from diarrhoea in that the former is the result of an enfeebled condition of the mucous membrane of the bowel, while this is the result of an enfeebled or devitalized condition of the blood-vessels of the bowels. With this distinction, the causes that produce the one are the same as produce the other — bad habits of living in the use of foods and drinks; want of cleanliness of skin, and disturbed circulation arising from insufficient clothing. Whether the disease attacks a child or an adult, the causes in the main are the same, and the treatment in the main should be the same, the modifications being such as arise from difference in strength, development, and general conditions of life.

Put a dysenteric patient to bed as soon as he is

seized, keep his bowels clean by tepid injections, and tone up the blood-vessels of the mucous membrane, by cool or cold injections. These injections should be administered after every passage of the bowels. To a child, having the bloody dysentery, I once administered sixty injections in twenty-four hours. To a man who had it in the worst form of any patient I ever had in my life, out of hundreds whom I have had to treat, I administered over two hundred injections in eighteen days. Connected with cleansing of the bowels, keep the skin as active as may be, using wet-sheet packs, towel-washings, fomentations over the stomach and liver, followed by wet, cold compresses worn all the time; freedom from food and from anxiety; pleasant social surroundings; a good, airy room; freedom from noise; and good nursing, involving such care of the circulation as to keep the parts which are hot, cool, and the parts which are cool, warm; and the patient, unless very constitutionally scrofulous, or having some other serious disease, will not die.

In the year 1865, when bloody dysentery raged in the village of Dansville, where I now reside, where quite a percentage of those afflicted with the disease who took drug-medication died, I had over sixty cases—some of them of the very worst type—to treat, and never lost one. My success was so marked as to produce a profound sensation within the sphere of my immediate acquaintance. There is nothing like trusting to Nature. She is in the grandeur of her resources God's appointed representative.

I may as well say here, once for all, that whatever diseases children are likely to have, which grown persons also are as likely to have, are to be treated in the same way and manner in both cases, with such modifications as the difference in developed vitality, consequent upon age, may indicate. Difference in treatment is measured and concluded simply by this distinction; for men are but children of larger growth, and the same great laws which govern the one govern the other. Fix these ideas in one's mind, and it simplifies the whole subject of treating disease.

CHAPTER XXI.

DISEASES OF GROWN PERSONS.

BALDNESS.—This, in strict phrase, would hardly be called a disease, arising, as it is supposed, in most cases from age, or from constitutional predispositions; but as I entertain the idea that constitutional tendencies may be entirely overcome, if properly connected causes are brought to bear, I count in baldness as a disease or morbid condition of the scalp, dependent for its existence, and largely for its perpetuity, upon bad methods or ways of treating the hair and the bulbous glands in which its roots are situated.

Baldness in the United States is seen much more frequently among men than women. The cause thereof is that men wear upon their heads covering the direct effect of which is to derange the circulation through the blood-vessels upon which the glands depend for their vitality, and in which the roots of the hair are fixed.

I have known very fine results to accrue in a good many cases of baldness, from washing the hairless parts in cold water two or three times a day, giving them vigorous rubbing afterward, and then wearing a linen cap, such as we term a "head-cap," wet constantly dur-

ing the day, in some instances during the night also. In several cases where the top of the head was entirely bald, I have known fresh, new hair to come out. In my own case, I succeeded in keeping the top of my head from becoming entirely bald, and in bringing out hair which, though thin, has grown to its usual length, relieving me in this respect considerably.

DEAFNESS.—Many persons are deaf; some a little in one or both ears; some a good deal in both ears, or only in one ear. The causes which produce the disease are as various almost as the persons who suffer from the loss of hearing. Largely, however, two causes operate to produce the disease: a depraved state of the blood, causing topical inflammations either in the lining membrane of the ear, or in the lining membrane of the eustachian tube (a little tube which, starting in the back of the nostrils, terminates in the auditorium of the ear).

Where the disease arises from a depraved state of the blood, debility of nervous system in general, and of the nerve of the ear in particular, partially breaking up sensibility, and so destroying the capacity to distinguish sound, general hygienic treatment is the proper remedy. Such a course of treatment would involve no special applications to the ear. It would require unstimulating but nutrient food, thorough cleansing of the skin, habitual aperieny of the bowels, freedom from taxation of the sexual organs, freedom from overwork of body or of brain, with abundant

sleep, and such other surroundings as in their nature would be calculated to promote the mental and bodily quiet of the patient. Invigoration of body by change of labor from that which is in-door and sedentary to that which is out-door and active, connected with this plan of treatment, often proves very serviceable.

Where the disease arises from inflammation of the eustachian tube, or of the mucous lining of the common ear-passages, local applications, in connection with general hygienic treatment, may be of much service. Of these I may mention the wearing around the neck of a wet bandage covered by a dry one, with lappets running up under the ear and tying on the top of the head. In several instances of eustachian-tube deafness, I have succeeded in entirely curing the person. It is a much surer way than it is to open the tube by probing it; because in the latter case there is danger that irritation may be set up in the process, and inflammation follow, and then deafness ultimately returns. Where the mucous lining of the ear is inflamed, it is well to syringe the ear, in which case, I think, nothing but pure soft water should be used, of a temperature at first tepid, but afterward quite cool, and ultimately cold.

Of partial deafness in one or both ears, my success under these methods of treatment has been all I could wish, and I recommend them to all persons who may be suffering from imperfect hearing.

BLINDNESS.—The causes of blindness are various, of

which the worst that I have had to deal with is amaurosis, or that disease of the eye which, involving loss of sight either part or total, arises from an affection of the optic nerve. I have treated over two hundred cases of amaurotic disease of the eye; in only seven cases have I failed. All the rest have been substantially and permanently benefited, and have gone on to ultimate recovery after they have passed from under my care, or have been cured while under it. Almost all the persons whom I have had to treat have been persons suffering from indigestion, involving chronic inflammation of the coats of the stomach, torpor of liver, constipation of the bowels, very severely congested kidneys, and an inactive skin, with more or less of debility or deranged action of the sexual organs. I think it would be very difficult to find a person in this country suffering from amaurosis, whose kidneys could fairly be said to be in a healthy state; nor one, either man or woman, who was not suffering from some derangement of the genital system. In all cases coming under my own professional management, the patients have shown quite decided derangement of skin circulation.

The treatment which I have given has uniformly been such as to affect and change the conditions of the general system; first, by improving the blood; second, by invigorating the nervous system; third, by a better circulation of the blood, so making the stomach digestively healthy, the liver active, bowels vigorous, skin efficient, and the genital system to take on a natural

tion. In a few cases I have applied local treatment, not to the eyes, but to the back of the head and the nape of the neck. The time taken to produce satisfactory results has ranged, according to the constitutional peculiarity of the patients and the severity of the cases, from three months to two years. In a few instances, where I have not been able to restore the sight, which was rapidly failing, I have checked the disease completely, so that the sight for years failed no more; and this I regard as a great achievement.

INFLAMMATION OF THE EYES.—Of this disease, no matter what type it assumes, nor what peculiar name is given to it, it may be said that, injury to the structure of the eyes aside, it arises from a generally deranged circulation. In most instances the stomach, and in many instances the liver, is involved primarily. The kidneys, bowels and skin come to be involved secondarily.

Of a great number of cases which I have treated Psycho-hygienically, and with entire success—for I never had a case of inflamed eyes, no matter how bad, either acute or chronic, which I did not cure if the person followed my directions implicitly—the treatment has been general. Out of hundreds of cases, I never found it needful to make any sort of application to the eyes except to keep them clean. If they run rheum and become dirty, they were simply washed out; but beyond that nothing special was done. No eye-baths were given, either by the direct use of water,

or by the use of compresses ; nor have I ever found it necessary in the severest cases to shut light from the eyes of the patient beyond the degree of simply mellowing it or making it a shaded light. I have cured cases where films had passed over the eyes to that degree that light was only observable, but no form of object could be seen, so that the persons to-day are competent to perform any act involving the keenest vision. I have found the worst forms of inflammation of the eyes in persons of scrofulous habit of body, who, previously to their eyes being affected, had had, and had been treated for, some eruptive disease. In some cases it had been measles, in others common itch, in others glandular swellings on the neck or under the arms, and in one or two cases in the groins. In other cases they had had ulcers on the legs, especially about the feet and ankles, of which diseases they were cured, to be afflicted soon after with inflammation of the eyes. In some other cases I have known them to have pimples upon the face, arising from bad conditions of the liver and the skin, for which they applied powerful re-agents, and in making the skin smooth, they brought on inflammation of the eyes. Some of the worst cases of chronic inflammation of the eyes have been dependent upon habitual and very severe costiveness. One case I recollect, where a person had been almost blind for two years, whose habit of body was to have a passage of the bowels only once in eight days ; within one fortnight after coming under Psycho-hygienic treatment he became regular in his bowels, and the eyes decidedly

improved. Quite a number of cases have I had to treat where the difficulty of the eyes grew out of powerfully re-active conditions of the sexual organs ; some of these were women who had been cauterized for some vaginal or uterine derangement. One very severe case was that of a man who for years had piles, and hearing of a celebrated remedy, applied it, and was cured of piles to be seized in four days with inflammation of the eyes, which had been upon him, when he came to us, for twenty months, and most of that time so severely as to hinder him from using his eyes for any purpose whatever. But the majority of cases of inflammation of the eyes have clearly depended upon deranged or debilitated conditions of the stomach, liver and external skin.

In all cases the treatment was general, usually involving such change of diet as to deprive the patient of the use of flesh meats, of butter, common salt, all spices, all raised bread, hard water and drug medicines, making his food of meal or flour of unbolted wheat mingled with water and baked, vegetables very simply cooked, of fruits with very little sugar in or upon them, of milk in very moderate quantities, not eating it when sugar was eaten, nor eating fruit when vegetables were eaten. With such a regimen, involving the use of wet sheet packs—for I never use the dry pack—half baths, dripping sheets, sprays, alternating with sitz-baths, foot-baths, hand-baths, and the constant use of abdominal bandages, but never so put around the body as to hinder a free circulation, my patients have gotten

well. Of course, in connection with these, great care has been given to exercise; rest and quiet of mind, in whatever way these could best be secured, being specially enjoined.

CHAPTER XXII.

NASAL CATARRH.

THIS is a disease arising from an inflammation of the mucous membrane of the front and back nasal passages, involving also, in many instances, inflammation of the pituitary gland. The worst forms of catarrh with which I have ever had to deal have been those of persons who were clearly and unmistakably scrofulous. Long ago, therefore, I came to the conclusion that the predisposing cause of its existence was a depraved state of the blood; the provoking cause, such conditions at the outset as induced an acute inflammation of the membrane and gland heretofore mentioned.

Chronic catarrh is a very difficult disease to treat, especially so when it has reached such a point as to result in ulceration of the back nasal passages. A great many persons are afflicted with it in this severe and very unpleasant form, secretions of purulent mucus not infrequently being made so largely as to run down through the back passages of the throat, producing a very disgusting taste, and, after a while, a diseased condition of the membrane of the upper portion of the throat, in instances not a few establishing bronchial inflammation.

Where it is confined to the membrane of the front nasal passage, the disease is much more manageable, though, perhaps, none the less difficult to cure.

From the nature of it, I was early led to feel that it must have its causal force in disturbance or diseased condition of other organs than those immediately affected. To examine the whole matter, by carefully gathering up data and making comparison of cases of persons afflicted with it, that I might come to some safe conclusions, was an object with me, and after years of patient investigation I am decided in my own mind as to the nature of the causes which operate to induce and perpetuate it, and of the best methods of curing it.

The first and most effectual cause of catarrh is imperfectly organized blood. I doubt whether a person ever had it of long standing whose assimilative system transmuted food into proper blood. Secondly, an imperfect circulation of the blood, not merely through the organs directly affected, but through other organs. The kidneys play a large part in the origination and perpetuation of catarrhal disease; so does the bladder in some instances. In fact, all the organs which have a free mucous surface are liable to be involved in its creation and maintenance.

A general plan of treatment, therefore, involves effects that can only be produced by and through the action of the vital organs at large. Severe dieting, efficient bathing, plenty of exercise (active or passive-active), life out-of-doors in the sunlight, pure air, plenty of sleep, a plentiful use as a drink of pure soft water—

these, so combined as to make the most efficient therapeutics, constitute the only successful remedy for this terrible disease. In the treatment of my own catarrh which was of twenty years standing, and was so severe that I lost completely the sense of smell, and for six years had no passage of air through one nostril, making me also partially deaf, and at one time seriously threatening me with bronchial consumption, I followed out the plan just mentioned for over four years before positively improved conditions were manifest. From that time on my catarrh gradually and steadily yielded, and now, for years, I have had none of it. My sense of smell has returned ; my deafness, so far as it depended upon that, has entirely ceased ; my voice is sound and sonorous, and I am entirely rid of it.

One case which, perhaps, was nearly as bad as my own, was that of a maiden lady who came to consult me, and whom I cured by inducing her to pursue the following course : For six months she never ate anything but unleavened bread and sub-acid fruits, nor drank anything but soft water, washing her body over in tepid water every other day, and the alternate day taking a sitz-bath at 85° of 15 minutes, 80° of 10 minutes, wearing abdominal bandages night and day, wet in front, securing an evacuation of the bowels daily by injections of tepid water, and walking from one to three hours daily in the open air. She got entirely well of the disease, has since married, and is the mother of healthy children, and has never had the least recurrence of catarrh.

I do not think that the worst forms of the disease,

this side of the incurable, can be cured by any means that do not involve thorough change in the general tissues of the body. A breaking up of old organized tissues and the reorganization of new, are necessary to a cure. Hence, time and patience, and skillful application of Psycho-hygienic instrumentalities must be had. Where these are used the cure is certain. Of course, the disuse of all substances which ordinarily have the effect to deteriorate and deprave the blood must be had.

NOSE-BLEED.—This can scarcely be said to be a disease. It may be well enough, however, for me to mention it, and to say in passing that it arises not by any means, as is generally supposed, from an overplus of blood, but oftener than otherwise from a want of it; for, quite as frequently as not, the subject of it is a quite pale, rather thin in flesh, feeble-looking boy or girl. Be this as it may, the cause is a general one, arising out of disturbed circulation, with more of blood to the head and less in other parts of the body than ought to exist in a healthy condition, and, therefore, the treatment needs to be such as is calculated to equalize the circulation. Whenever a child has nose-bleed, it will be found to be dependent on some cause or causes which are deranging to the circulation, and cold feet and hands, with sweatiness on the soles of the feet or the palms of the hands, will be found to exist.

Foot-baths and hand-baths of a warm temperature, should be used, followed by application of cold water,

while at the same time cool applications are made to the head and back of the neck. One of the best local remedies for nose-bleed is to have the patient sit in a chair partially reclining, and breathe air into the nostrils just as powerfully and with as long-continued inspirations as possible. It will surprise the subjects of it to see how, after two or three inspirations, the nose becomes sensibly cold; the air will seem to be of very much lower temperature than before; and, in fact, it will be, the effect being to coagulate the blood at the point of effusion, and so forming a clot the nose will cease to bleed. But where the nose-bleed is habitual, general treatment should be had; none better than dripping sheets, or some form of bath to the whole body of a tonic character. But when cold water is applied to the body, in such cases the patient should have the feet certainly, and, if possible, the hands also, in warm water, while the other parts of the body are being washed in cool or cold water. Whenever this is done, before wiping the feet and hands dry, they should be taken out of the warm water and dipped into cold. All baths of every kind should be followed by vigorous rubbing; and if the patient is feeble he should lie down immediately after, otherwise should walk some little, warmly dressed, and then come in and lie down. Giving the patient nutritious food and proper bathing, in a little while the tendency to nose-bleed can be overcome, and so the condition cease.

CHAPTER XXIII.

APOPLEXY.

THIS is a disease of the brain ; is generally indicated by the person falling down suddenly, as if struck with a hammer on the back of his head. He lies without sense or motion, except that if one feels of his pulse it beats with apparent regularity. The causes of the disease are various, oftentimes arising from sudden disturbance of the circulation consequent upon over-eating ; sometimes the result not remote of over-sexual indulgence ; sometimes also the immediate result of a severe shock to the nervous system by the reception of unpleasant news. The attacks do not always occur in the same forms.

The disease has been divided into two kinds ; namely, that which is called sanguineous apoplexy, or gorging of blood into the ventricles of the brain, and the other has been named serous apoplexy.

Dr. Abercrombie, the celebrated Scotch physician, has pointed out three different ways in which the disease may occur. He says in the first form the patient falls down suddenly, and lies like a person in a deep sleep, his breath is like that of one snoring, the pulse full and not frequent. In the second form of the attack,

the disease begins with sudden pain in the head, the patient becomes pale, faint, sick at the stomach, and often vomits. Sometimes he does not fall down, the attack of pain being accompanied by only a transient confusion. The third form of attack is characterized by sudden loss of power on one side of the body, frequently by loss of speech ; the patient is sensible, listens to and comprehends your questions.

Dr. Watson says that the pattern of body which is most prone to apoplexy is denoted by a large head with red face, short and thick neck, and a short, stout, squatty build ; but that apoplexy is often common enough in men and women who are thin, pale and tall. Corpulent people are more in danger of apoplexy than spare people, but it attacks both one and the other. The predispositions are very numerous and of various character, but *he* says the hereditary tendency to apoplexy cannot be exterminated, nor can the plan upon which the body is constituted be remodeled. In this respect I take liberty to differ with so distinguished an authority, for in two instances in apoplectic families have I been called to the management of their children, and have, by conditions of living imposed upon them, so changed their family order of bodily growth as to make them entirely different in physical aspects, and, as I think, completely removed any inherited tendency to apoplexy.

The treatment for apoplexy is the depletive treatment, not by blood-letting, but by abstinence from food and also by increasing the eliminations through the

various excrements. Almost all persons who have apoplexy will be found, previous thereto, to have had some check in the action of the lymphatics. The excretions of the body have been stopped. I think, in the majority of instances, the kidneys and the skin will be found to have been less than normally active, and so disturbance of the circulation has been induced until hemorrhage of the brain has taken place; for in my experience in the treatment of apoplexy the proportion of those who have had sanguineous and those who have had serous apoplexy has been as nine to one. Giving baths, therefore, to create a better insensible perspiration or natural excretion by the skin, keeping the bowels open, and being sure to have the kidneys and bladder perform their offices well, and also to have the patient live for a time upon low diet, with dress which shall not bind any part of the body, while, at the same time, it keeps it warm, together with proper exposure to sunlight and pure air, are remedial as well as preventive means of the very best order; for, among the premonitory symptoms of apoplexy, headache or vertigo without any headache, or blindness or deafness which is transient, is frequently indicated, so that the subject is not left without means to prevent an attack if he will only use them in time. It is not at all uncommon for persons who have had one attack of this disease, thoroughly to recover from it under proper hygienic treatment. In truth, many persons have been cured who have had two attacks. It is said, with a good deal of apparent truth, that the third attack

usually proves fatal. The majority of persons whom I have had to treat had had but one attack. Of all these only one or two, I think, had a second attack, which arose from their forgetfulness of their liabilities to a recurrence of the disease, and they therefore, under bad habits of living, exposed themselves to it.

INFLAMMATION OF THE BRAIN.—This disease arises from various causes; often from blows producing a contusion upon the head; often also from bad general conditions of the circulation, greatly deranging the nervous system. The incipient symptoms are very similar to those which belong to other diseases; and, therefore, the treatment at the introductory stages should be the same. A man may be taken sick from a derangement of the liver or from the introduction of some poison into his blood like that of small-pox, or from severe indigestion, and the symptoms of the disease which the head itself will show may be very like those which always exist in cases of incipient inflammation of the brain. It matters not so much to the observer what the actual disease is at this stage of it, as that certain essential things should be done; for if one is attacked with bilious fever or with sudden congestion of the kidneys, or with indigestion in the stomach, and with great pain in the head, with heat on the back or top of it, with suffused eyes and red face, the treatment to be had at this stage is the same as though the disease was incipient inflammation of the brain itself instead of some other organ.

Therefore, the true treatment is to produce a better condition of the circulation. If the morbid conditions be severe, then let the treatment be prompt and ready. Put the feet into warm water, wrap cold cloths about the abdomen, produce by enemas, defecation of the bowels, wash off the entire surface of the body, if there be any necessity for it growing out of previous neglect in this direction, or from present needs. Wrap the head in cloths wet in cold water, often to the coldness of ice water, and keep the head enveloped in them all the time. Place the patient in a well-ventilated room, and so located, if possible, as to let in sunlight when it may be desired. Arrange for his care one set of nurses, and have no others about him. Make the house inside and out in his immediate vicinity to be as quiet as may be. Take away all food from the person for at least thirty-six hours, within which time the symptoms under this treatment will become so modified as to enable any person to determine what the peculiar features of the case are. The general treatment will have operated to this end, and no question need remain as to the nature of the disease after this length of time has elapsed. The patient will either be manifestly better or worse. If better, the disease is not inflammation of the brain; if not, it is either that or such severe congestion of the brain as to border upon it, in which case time and persevering hygienic applications are needed.

It is popularly supposed that inflammation of the brain, like inflammation of the lungs, is a very difficult

disease to treat, and therefore very dangerous; but this is not true, provided hygienic measures are used. If powerful drug-medicines are given, and bleeding and blistering are resorted to, then complications may ensue which will make the ultimate result desired difficult, and the patient may die. Let alone, therefore, all the usual remedial applications and fall back upon those which are in their nature Psycho-hygienic. Let that be understood distinctly and there is no danger. The disease will run from three to eight days before a thorough critical change takes place.

If from previous habits of living the patient has established what may be termed an inflammatory diathesis or habit of body, in spite of everything that can be done to the contrary delirium or temporary derangement may take place; but if so, let the treatment correspond to the severity of the condition. Wet sheet packs are capital where the patient can be taken by a couple of attendants and laid from one bed to another. Dr. Shew, in his "Family Physician," thinks it not well to move the patient; but I have no caution to administer in that direction. Make as vigorous an effort as the nature of the case will demand, and the result will be, that if there is constitutional vitality to carry on life's functions to the turning-point, the patient will live and recover, and, what is very desirable, will have a good vigorous constitution after it, which is seldom the case where persons suffering from the disease are treated after the drug-medicating style.

HYDROCEPHALUS, OR DROPSY OF THE BRAIN.—This is a disease which ordinarily begins early in the life of the subject of it, but not infrequently affects persons of adult age, in which case it arises from general conditions of body, the reflex effects of which upon the brain are to induce specific morbid conditions. I doubt whether an adult ever has the disease without having it to be attributed to some derangement of the general nervous system, growing out of his general habits of life. It is often mistaken by medical men for softening of the brain, for these two diseases in their symptoms simulate each other. I have treated two cases successfully where evidently water had settled on the brain, at least that was the opinion of several eminent medical gentlemen whom the patients had consulted before coming to me, and, without knowing their opinion, my own diagnosis had reached the conclusion that they had water on the brain. One of the patients was treated Psycho-hygienically, and lived for four or five years afterwards, performing his business relations with eminent success, and afterwards died of a fall. It is supposed, by many physicians, that persons having this disease inherit predispositions to it. Of this I think there can be no question; but all predispositions which are inherited can readily be overcome by placing the subject of them under Psycho-hygienic treatment early in life. The best methods of treatment for incipient dropsy on the brain, as for softening of the brain, no matter what may be the differences which exist between the two diseases, are those which involve determina-

tions of blood away from the brain, so as to give to the absorbents an opportunity to act vigorously, and so take up and carry off the water. If this can be done the patient may be saved; if not, the disease goes on to its consummation, and the person becomes idiotic and dies. Fortunately for mankind, the disease is of unusual occurrence; but when such a case does occur in any household, it is well that he should be placed under the care of some skillful physician. In fact, when any person is sick from any cause or causes which seriously affect the normal conditions of the brain, it is better that the advice and counsel of some good physician should be had. If one of the hygienic school cannot readily be obtained, then of the homeopathic or allopathic school, frankly stating to him when you send for him that you want his advice as to the nature of the disease, but do not wish to have him administer medicines. In this way advantage may be gained to the patient and credit to the physician.

CHAPTER XXIV.

PARALYSIS.

I MAY as well consider this disease at this point as at any other, because it is essentially a disease of the nervous system arising from deranged conditions of brain, or else involving the brain so as to produce deranged conditions. The word is of Greek origin, and means loss of sensibility or of motion. Usually, it is classed under two forms, which are called hemiplegic and paralytic; the former meaning a paralysis of one-half of the body longitudinally, or of one side from head to foot; the latter meaning a paralysis of one-half of the body, but confined to the lower limbs. Where a few muscles only are involved, it is called local palsy. Dr. Dunglison in his medical dictionary says, that it is commonly symptomatic of disease of the brain, or of the nerves themselves, and is frequently the successor or precursor of apoplexy. He thinks the immediate cause is by pressure either by blood effused, or by serum, or by vascular turgescence.

Under the allopathic treatment, which consists of stimulants to the paralyzed parts or mucous membranes, with frictions, blisters, electricity, galvanism, purgatives, etc., the disease generally admits only of palliation, and is extremely apt to recur. But under

Psycho-hygienic treatment thorough cures can be had. In my practice of twenty years, I have treated either at my institution, or under my directions for treatment at home, seventy paralytics up to January, 1868. Of those treated at home, the majority were benefited but few cured. Of those treated at our cure, nearly all were benefited, and the great majority of them ultimately got entirely well, I myself, being as remarkable an instance of recovery as any case I ever knew, having had paraplegia, or paralysis of the lower limbs from an injury to the spine in the small of the back, by a blow from a stick of wood, which knocked my legs out from under me as quickly as if my back had been broken; also having had hemiplegia, or paralysis of the entire left side, from the effects of which I entirely recovered, except in the loss of the use of the left ear, which I have never had at all since the stroke.

The best treatment for paralysis is what may be termed constitutional treatment; for, however much the brain may be involved, there is little doubt but what the disease is provoked by derangements of the organic nervous system, in some department of which violent irritation has been set up, caused by overtaxation of it. I never knew a man to have paralysis, either hemiplegic, or paraplegic, or local, who did not either drink liquors, eat flesh meat, or take drugs, or do all of these. I doubt whether a hygienic liver ever did have it, or ever can have it, except from physical injuries received to some portion of the nervous system.

A powerfully predisposing cause to paralysis, no matter what the form it takes, is gluttony or liquor drinking. Connected with these will often be found taxation of the nervous system involving violent reaction from sexual indulgence; but such reaction necessarily is confined to persons who eat high-seasoned food and drink spirituous liquors. Where persons live simply in all their dietetic habits, they are not usually lecherous; but, on the contrary, are more apt than others to be sexually chaste; so paralysis is not likely to arise from nervous reaction in this particular direction.

My treatment for paralysis has been to induce great alterations in the circulation, reasoning that if I could produce these and make the change permanent, invigoration of the nerves affected must ultimately ensue. While therefore I have sought to change the conditions of the system by modifying the distribution of blood in it, and so in some instances temporarily debilitating the body, I have at the same time sought to keep up a good condition of the general system by increasing the energy of the nutritive system. To break down old tissues and carry off their substance through the various excrements of the body, while at the same time the secernents or repairing organs are furnished with new blood-pabulum to make more than good the waste, by organizing healthier tissue, is of great consequence in treating paralytic cases.

My theory is that as all the tissues of the body are being worn out under vital action, so they should constantly be undergoing repair from vital action. Now

to take an old worn out set of nerves which are good for nothing, and by vital processes get rid of them, supplying meanwhile their place by the furnishment of healthy material out of which new sets of nerves can be formed, is to change the relations to life so as to have a paralytic thoroughly recover. In many cases of paralysis, apoplexy, brain-softening, chronic congestion of the brain, inflammation of the brain, and so on, portions of that viscus become substantially unhealthy, the disease exhibited in any given case not arising from simple derangement of the functions of that organ alone, but more from the fact that whatever functional derangements are seen, are dependent upon the incapability of the brain to do its normal work; the brain being little or no better than a mere foreign substance lying in the skull. To disintegrate it, decompose it, carry it off, get rid of it by processes which are constitutionally and functionally proper, and, of course, of a *vital* nature; to supply as against this loss, good healthy substance of brain through furnishment by the nutritive system of good healthy blood out of which the brain can be made, is to cure the patient. It is a process entirely as available and to be made as substantially effective as that of repairing a shriveled muscle. A man loses the use of his arm or leg in certain directions because of the perishing of one of his muscles. Its use is restored by the building up of the muscle. Just so is it of nerve or nerves. Just so may it be with the brain in parts of it. Many persons lose their power to exhibit their ordinary mental ability in

certain directions, because certain portions of the brain through which such mental force displays itself are worn out. A man, therefore, may be able to do certain things well, while at the same time certain other things that he has been accustomed to do he cannot do at all. It may arise entirely from the fact that those portions of the brain upon which the doing well of such things depends are no longer structurally and vitally competent to serve their legitimate purpose. Now to make such person do such things, restoration of the particular portion of the brain must be had.

In the treatment of paralysis, therefore, my idea has been to change the conditions of the person; to speak after a certain manner, to get rid of the subject in hand entirely, abolishing him, demolishing him, destroying him, removing him, getting him out of the way, so that there will be nothing of him left as there was when he went under treatment, and making up in his stead a *new person*, reconstitutionalizing him, therefore, and so reconstructing and reorganizing him. That this is capable of being done has already been made patent to the observation of thousands of persons who have seen the treatment at "Our Home on the Hillside." It has been done in all directions involving morbid conditions of the human body, of all orders of show, and in none more successfully than in paralysis.

In giving treatment, therefore, for the disease, I rely upon the use of nutritive but unstimulating substances for food, sunlight, air, water, dress, rest and the right sort of social surroundings. Under such circumstances,

with plenty of time, the paralytic if not so devitalized as to be incurable because of want of vital power whereby to be cured, can and will get well.

I cannot well describe the making of combinations of these instrumentalities; for each case has to be treated on its own merits, no general classification being admitted. Where, therefore, the person can come to my Institution to be treated, I frankly say his prospects of recovery are largely dependent upon his doing so. If he cannot come because he lacks means to come, then I am ready to do the best I can for him at home at a moderate expense; but the disease is one which needs the oversight and care of a physician, because the changes through which the patient must go to health are necessarily such, that if he is well-managed he will recover, and if he is ill-managed he may have another and fatal stroke.

LOCAL PALSY.—Of local palsy one of the more common forms is paralysis of the face, generally affecting one side; the face being drawn to the sound side making that side appear shorter than the paralyzed side. In all such cases the expression of the face is peculiar. Having lost the use of the muscles of the paralyzed side, the whole action of the sound side of the face becomes distorted. If he laughs, or cries, or undertakes to talk, or coughs, the distortion is made particularly manifest. Such cases, after my view, arise almost always from deranged conditions of the stomach and liver, or from sexual excess. One of the most power-

fully predisposing, and not infrequently provoking causes, is long continued constipation of the bowels. Another equally as powerful is the use of tobacco, particularly the smoking of it, which is much worse in its effect upon the nervous system in all cases than that of chewing.

Local or facial palsy can be easily cured. I have never yet failed in any case completely and thoroughly to cure it. It is often the precursor, however, of either of the other forms of palsy which I have mentioned.

There is a kind of palsy called general palsy or shaking palsy, in which the whole muscular system is involved. This arises oftener than otherwise from drug-medication; and of the various poisons which are taken into the system, none are so efficient in its production as the various preparations of mercury and of lead; though arsenic is sometimes an exciting cause of palsy. Whatever may be the particular form of it, the disease is so formidable that the friends of the patient should secure the best medical advice, and place him at once for treatment in the hands of the physician whom they may consult. Home treatment is to be considered of little or no curative avail. The conditions of the patient may be palliated and somewhat improved, but cure requires such a combination of agencies as are not to be found in any ordinary private house, however skillful the application of the means at hand may be.

CHAPTER XXV.

EPILEPSY.

THIS disease is essentially a brain disease. ' It may be regarded," so a distinguished writer says, "as either idiopathic, symptomatic, spontaneous or accidental, occurring in paroxysms with uncertain intervals between. Frequently the fit attacks suddenly. At other times it is preceded by indisposition, vertigo and stupor. The ordinary duration of the fit is from five to twenty minutes. Sometimes it goes forth in a few seconds; other times it lasts for hours." In all well-developed cases there is accompanying it, first, a sudden shiver, followed by a vocal exclamation, contraction of the lower limbs, usually accompanied by throwing up the arms, and then a falling of the patient. The hands become convulsed, legs drawn up, then rigid. The face becomes suffused with black blood from venous congestion, turning very purple, sometimes almost black, the eyes strained open, staring, and not infrequently blood-shot, entire unconsciousness supervening. In many instances which I have witnessed the patients lay unconscious for from half an hour to an hour and a-half; then coming back to semi-consciousness, knowing things but not persons, to go off into deep snoring sleep, to re-

main in it for two or three hours, to wake up as well as ever, save with a temporary loss of usual muscular strength. In many instances one of the symptoms is that of grating the teeth, not infrequently biting of the tongue, with heavy frothy foaming of saliva at the lips.

Up to this time, 1868, I have treated more than seventy-five cases of epilepsy, some of them ranging from three months to ten years of duration. I have been so successful as to cure over seventy-five per cent of them. I think the disease usually baffles the skill of physicians of the drug-schools. This is not to be wondered at, for it is not obviously or readily discernible how its cure is to be effected under the use of poisonous medicaments. Its nature is such, and the parts of the body are such in their structural uses and capacity for morbid manifestations, as to render the hypothesis of cure by drug-medicines extremely unreliable. In the treatment of the disease, I rely upon changes going on in the circulation, and in the cerebro-spinal system, to be of essential consequence. Unless these could be made, the disease has been considered by me to be essentially incurable. If they could be made, I have felt sure of cure. So my remedies have been applied with this view, and in such directions as to insure the desired results.

Whenever I treat an epileptic I deal largely, in my applications, with the spinal column. There I make my strongest appliances. While I have felt that great care in diet was necessary, and, therefore, have subjected my patients to use the simplest kinds of food

which could serve the necessities of the system in the making of blood, I have given baths with special reference to making changes in the circulation of the blood, and in the conditions of the spinal column.

One of the best appliances I have ever used has been fomentations along the track of the spine. Wetting woolen cloths in water as hot as they could be wrung out by an attendant, I have ordered them to be applied for fifteen or twenty minutes over the nape of the neck and the lower dorsal vertebræ, while from them down to the coccyx I have laid cold cloths, or ice-cloths, or in winter have used snow appliances.

In a few instances the change has been most marvelously rapid. I recollect one case of epileptic fits of eight or ten years standing, which was cured in nine days, the person never having had a fit since. In another case, the patient was only under my treatment for three weeks, and was cured, to all appearance, by the taking of a single bath. He was plunged into water of the coldest temperature just as the fit was coming on, and came out of the bath relieved from the attack, and has never had one since.

I do not mention these cases as representative cases. They were both very desperate cases, and justified a resort to the most heroic measures. Fortunately for them they were entirely successful, and the patients have been ever since, I am sure, quite thankful for their recovery.

Compound baths applied to the spinal column are very efficacious in this disease. Thus, rubbing the

whole length of the back-bone, now with hot cloths then with ice-cold cloths, has subserved a most capital purpose. In one case wherein I was successful, I applied hot cloths every day from the nape of the neck to the point of the shoulder-blade, and then rubbed the lower part of the back with snow-balls, from five to fifteen minutes, making such intervals of suspension as were compatible with the sensibilities of the patient, producing the most thorough reaction in the circulation and in the conditions of the nervous column and spinal marrow. Usually, such applications are followed with a tonic half-bath, wherein two attendants rub the body of the patient for five minutes, he sitting in a tub of water at a temperature of 85° .

I have also treated several cases of epilepsy successfully by the use of sunlight. In one case the subject was feeble, and had no baths of water given to her save those which were simply ablutionary, but was put upon a strict diet, and compelled to live in the open air all the time, and to take sun-baths from three to five hours a day. In the course of eight months she entirely recovered, and is to-day a healthy woman.

There is much to be learned by the medical faculty in respect to the treatment of nervous diseases, and as they come to learn it they will find that the use of hygienic agents is so much more available to their cure than drug-medicaments are, as to challenge their particular respect for those physicians who rely upon them chiefly or wholly.

Epileptic persons should never be treated for the

cure of their diseases without having right protection. No person having epilepsy is safe to be left alone if he is under medical care ; for when the fit may attack him, or how he may be situated when it does attack him, nobody can prognosticate. In my Institution I never take epileptics without attendants. It is not right that they should be alone ; the treatment in many cases aggravates the disease ; they have more frequent attacks than they would if they were undergoing no changes. Hence, they should be watched over and cared for thoroughly. The disease does not admit of treatment at home.

CHAPTER XXVI.

INSANITY.

THIS is a word of Latin derivation, and in its precise meaning signifies a derangement of the health. It has come, however, under general use, to have a specific expression, meaning such an abnormal condition of the mental faculties as is indicated by aberration of mind, or loss of reason or understanding. The subject is too vast in its nature and bearing for me to discuss it here at length. I can only offer a few suggestions with respect to it. There is less need of my saying much in detail with reference to it or its treatment, because society has decided and very justly, I think, that from its nature it requires special medical management, and that in order to obtain it, asylums should be built to which insane persons should be taken, where they can be treated according to their necessities, and without interference from outside parties. Insane persons are generally more difficult to manage the more they are brought into contact with persons whom they do not know, or of whom they do not retain their previous knowledge. So seclusion from general society becomes a matter of prime im-

portance as one of the remedial means to be successfully used in their restoration.

Some years ago I received a letter from a distinguished gentleman residing in Massachusetts who had become acquainted with the fact that I had treated successfully two or three cases of insane persons whom I had had under my care, asking me if I would consent to accept of the position of physician-in-chief of an Insane Asylum where Psycho-hygienic treatment should be employed, no drug-medicines being given. I had to reply in the negative, because my own health at that time would not justify me in taking the position, and nothing further came of the proposition. But the day *must* come when Psycho-hygienic treatment will have to be acknowledged as vitally necessary to the highest possibilities of success in the treatment of the insane.

Situated as I am, I do not accept of insane persons unless they are those who are laboring under monomania or melancholic insanity; for the other forms of mental derangement, numerous as their classification is, are generally manifested in connection with so much of physical violence as to forbid the subjects of them to be introduced into the Infirmary over which I preside. But I have no question as to the successful results of Psycho-hygienic treatment upon them, if it could properly be brought to bear. In such cases of monomania or melancholic or hysterical insanity as I have had in charge, the treatment heretofore used by me has been uniformly successful. Without reference to my book of records, I think I may venture the

statement, that in my practice I have treated successfully not less than fifty cases of insanity up to this time, 1868. Some of these have been very marked and interesting cases of recovery, challenging the admiration of the friends of the patients, and insuring their respect and regard for the plan of treatment adopted. In the cases treated may be counted in quite a large number of persons suffering from derangement of the moral faculties, affecting them in the direction of their religious feelings, imposing on them wrong impressions as to their personality, and leading them to believe themselves to be other persons than they were; leading them also to believe that they were in relations to God such as made Him their mortal enemy, causing them to manifest mental despair, and characterizing them in their actions by a feeling of hopelessness and wretchedness of the darkest description.

In most of the cases I found morbid conditions of the following organs to exist, and whose morbidity, I think, constituted the provoking, if not both the predisposing and provoking causes of their diseases: First, severe passive inflammation of the coats of the stomach, involving torpidity of liver and engorgement of spleen; second, long-continued and very severe constipation of the bowels; third, sexual debility; fourth, marked inactivity of the skin. As a necessary consequence other involvements existed, but they were dependent upon these as primaries. Whatever, then, may have been the influence of other causes in determining the quality or peculiarity of mental derangement which

the subject of it showed, I have not usually been able to satisfy myself that these did not play substantially a secondary part to those first mentioned.

My treatment, therefore, has been administered under this view of the case. I have always insisted strenuously upon giving to my patients a very simple and unexciting diet. I think it absurd in a case of unique derangement, or that which is confined to but one object, or an aberration of mind involving hysterical diathesis of body, to give to him what is usually termed stimulants, excitants, nervines, tonics, etc., whether these be in the form of medicines or foods or beverages. The various preparations of medicines, therefore, together with the exciting foods usually fed to such persons, I discard. Flesh meats I seldom use. I regard them as decidedly calculated to add to the difficulty; and as the derangement is a result of an abnormal condition of portions of the corporeal structure, so its cure is dependent upon altering the conditions of the body. Farinaceous and fruit foods are better than a mixed diet, and simple water far better as a drink than other beverages. In truth, I think that some of the most marked improvements which I have ever been able to make, in some cases within a short period of time, have resulted largely, and are to be attributed essentially, to the change in the diet and the drink of my patients.

Food, therefore, plays an important part in the combination of remedial agencies employed, and so does water, both as a diluent and detergent. It is surprising to see what an effect will be produced, in some in-

stances in a comparatively short space of time, on deranged persons by giving them good, vigorous, daily baths. As the pores of the skin open and the lymphatics begin to work, and molecular changes are made throughout the entire body, what to them seems to be pressure on the brain is let up, and their mental faculties begin to play after their normal measure, greatly to their delight, as well as to that of all who are interested in their recovery.

In general terms, then, let me say that while the insane who are violent should be carried to asylums, and preference given to such Institutions as more or less adopt the hygienic treatment, the milder forms of the disease may be readily treated at home in a Psycho-hygienic way; or, if not at home, at Institutions where the therapeutics of Psycho-hygiene are accepted and followed.

For the encouragement of those who may have friends laboring under monomania or melancholic aberration, and who cannot come to my Institution, I have to say that I shall be happy to give any information to such persons that I may be able to do, at a very moderate price, recommending them, however, in all cases where the subjects are manageable, to pay very great attention to the condition of stomach, kidneys and skin, resting assured that as they may be able to establish normal action in any or all of these, will the derangements of the patient give way and his sanity be re-established.

CHAPTER XXVII.

DRUNKENNESS.

It is said that there are, at least, six hundred thousand drunkards in the United States; and that of these sixty thousand die annually, their number being made good from the ranks of the drinkers of ardent spirits. That the evil is a very great and growing one; that well-considered and very united and vigorous efforts on the part of the sober portion of the American people must be made by some means to check or to put a stop to the progress of drunkenness, or substantially their health and their character will be destroyed, admits not of question. For the last forty years good men and women have been at work to this end, and arguments of the most reasonable and conclusive nature have been presented to the consideration of a large portion of our inhabitants throughout the country. Many have been convinced by them, and have adopted the only safe means, namely, that of total abstinence from all intoxicating substances. Yet the evil does not abate. In the judgment of many well-informed persons it has increased, till the thoughtful, patriotic, public-spirited, benevolently-minded, religiously-disposed, humane men and women in our country are at their

wits' end, well-nigh, as to the best and most successful means to be employed in order to put a stop to its further growth.

In this direction, my reflections have led me to form some very conclusive opinions, which I take the liberty here to state, because I think the subject is one which legitimately falls within the scope of thought to be set forth in this book.

I regard drunkenness essentially as a disease, requiring for its cure medical treatment, and demanding of society such exercise of its plenary right to control the conditions of any persons to such degree as is necessary for the safety of the whole, and to inaugurate and establish proper means whereby the drunkard can be restored to sobriety; and he should be placed under their operation without his consent unless he gives it. For, philosophically speaking, drunkenness is not only a disease, but is one which is to be classified with aberrative diseases. A drunkard is an irresponsible sick man, and one whose bodily diseases are such as to induce mental derangement. He is not, therefore, to be supposed to have such a sense of consciousness of personal responsibility as to be adjudged liable for what he does, and, therefore, cannot be accorded the liberty of saying what he will or will not do.

Society has already settled that it has a right to deal with persons whom it recognizes as insane, without asking their consent. A man running up and down the streets of any village half-naked, hallooing and acting violently towards those whom he should meet,

would be regarded by all who should see him as insane ; or for the time being so bereft of his reason as to justify, on the score of the public welfare and the safety of the inhabitants of such place, that he should be restrained. What society needs to do for the public safety is properly to classify and deal with drunkenness.

Every man who is intoxicated is not only a diseased man, but his disease is substantially one, *pro tempore*, of mental derangement. He is not, therefore, at liberty to be his own master, and a public or private infirmary is the proper place for him, to which he should go voluntarily, or to which he should be sent. It matters not how he came to be mentally deranged or drunk. This does not enter essentially into the question of how he shall be dealt with.

Nothing will ever come of the temperance reform in this country, to the substantial good of the people, which does not involve in its discussion and settlement a right diagnosis of drunkenness. When it shall come to be understood that drunkenness is a disease, and that, in order to its cure, proper remedial agencies must be used, and that, in order to prevent it, proper prophylactic measures must be taken, and that these must involve a larger basis of action than that of simple pledge of persons to total abstinence from all intoxicating drinks, then the evil can be met and successfully checked, if not entirely cured. Until this is done, few drunkards will be restored to sobriety and to personal and social usefulness, and no proper security

against the sober being turned into drunkards will be furnished. For, if drunkenness be a disease, involving morbid conditions of certain structures or organs in the body, then predispositions or strong liabilities exist just in proportion to the existence of the morbid condition of such structures or organs. If these can be made to become deranged without the use of ardent spirit at all, but only so deranged as to wake up in the person a most vigorous and insatiable appetite for strong drink, then it seems to me that no complete security against the use of alcohol can be had simply by reason of a promise or pledge on the part of the person not to use it.

Suppose that a person were voluntarily and over his own signature to pledge himself and to promise others that he would not eat, does it stand to reason to expect that he would, for any great length of time, keep that pledge, after he should have so long gone without food as to become seized by insatiable hunger? I take it, that under such circumstances his moral sense, or his obligation to keep his promise, would grow faint in his consciousness, until it completely faded away, and no impression of it was left on his memory, hunger having completely absorbed it, and he, forgetting, or if not entirely forgetting that he had thus made a pledge, caring nothing for it.

This is a good illustration of the relation to the pledge of total abstinence made by any person whose habits, methods and conditions of physical life are such, in general, as to create and awaken in him a

strong desire for stimulating drinks. Let him but have the feeling creep upon him that he must have something to overcome his present sense of physical debility, and his moral sense of the impropriety of resorting to stimulants grows feeble, and his sense of moral obligation to keep any pledge which he has made not to drink gradually dies out of him. If it still remains in him, sufficient to have some influence on him under a direct form of presentation to his consciousness, then he will set to work to find some indirect methods of being relieved from it. If he does not feel encouraged straightforwardly to violate the pledge and so drink liquor openly, if possible he will find a justification for doing it in the expressed opinion of a medical man. If there is any sense of a diseased condition which challenges, in the mind of the subject who suffers, the necessity of medical advice and medical treatment, it is that feeling of debility which, coming over him, awakens the instinctive necessity of rousing up his vital force to renewed expressions of energy by the introduction into his circulation of some substance which has the power to produce such effect.

Now, by every association of ideas into which the children as well as the adults of our country are educated, alcoholic stimuli are regarded as the most efficient, the most appropriate, and the most easily available of any. When one feels weak, if he is to be made strong by taking anything into his circulation, nothing so readily suggests itself to him, and is so easy to be procured, as some form of alcoholic beverage.

Pledge him, therefore, as strong as we may, not to touch it, his pledge furnishes no certain security, whenever in his bodily conditions a sense of debility makes him conscious of the necessity of using it. If his pledge is of such a character as to forbid him to use it at all, then he immediately reasons that it was made under a very different set of conditions of body from what he has then present. So he justifies himself in not keeping it, and, therefore, drinks. If his pledge is such as to forbid him to use it in health, but to permit him to use it when out of health, as a medicine, then under these conditions of debility he feels himself entirely at liberty to use it, because he is not only not healthy but positively sick.

Whatever conditions or habits of living, therefore, tend to produce or do actually produce a certain order of debility in a human body, tend to make or do actually make any pledge on the part of any person to abstain from all intoxicating drinks quite insecure, and not by any means to be relied upon. There is, then, no security of any person against the use of intoxicating drinks, except in the establishment of such conditions and habits of bodily life as to render to the consciousness of such person their use uncalled for. Overfeed a man until his stomach refuses to perform its office, and a consciousness of enfeeblement of that organ comes to exist to that degree as to be described only by a sense* of goneness and faintness of it. No man pledged to the disuse of ardent spirits would think anything of such pledge for a moment after he should

be made to feel that a glass of brandy would relieve him from that terrible suffering. Overwork a man until he is so tired that he can scarcely put one leg before the other, and convince him that to drink a glass of brandy may relieve him from such terrible suffering as such a sense of fatigue always creates, and he will drink brandy against all the pledges in the world. Over sexualize a man until there is not a nerve or a muscle in his body that does not carry to his sensorium its own debility and press it home there upon his consciousness, and he will drink against any pledge heretofore made, if he can be induced to think that by so doing his debility will give way and vigor take its place. It is hard fighting against bodily instincts. Even the moral sense of a man, in the long run, gives way before their all-powerful sway.

The fact is, that any person in order to become a drunkard must have one particular organ or portion of his bodily structure diseased. Until it is so, he cannot become a drunkard ; the thing is physically impossible. I care not what other organ or organs are deranged, he never will become an inebriate until he has congestion, or irritation or inflammation of the solar plexus of nerves. I do not mean to say that he may not become intoxicated ; but even this cannot take place until congestion of the solar plexus exists. Protect this network of nerves, if it were possible, against the effects of alcoholic poison, and a man may drink a barrel of fourth-proof brandy and he would not stagger nor show any mental abnormalism more than were he to drink

so much water. But introduce into the circulation poison enough to affect the action of these organic nerves, and the man's brain as well as his muscular system will give way. Poison his circulation by the introduction of alcohol into it so frequently as to establish what may be called a bodily diathesis or habit of dependence on it, and this net-work of nerves becomes not only congested or irritated, but passively inflamed, and then the man has a burning desire for liquor; unless he is deprived of food he never can have enough of it so long as he is conscious of anything. Drink he *will*, for drink he *must*. There is no more hope of saving him without so altering his relations to life as to reduce that inflammation, and restore that net-work of nerves to something like healthy action, than there is of making a deaf man hear while he remains deaf, or a blind man see while he remains blind. Whatever methods of living tend to induce, or do induce, congestion of the blood-vessels of the stomach and of the net-work of nerves lying behind it, also tend to create conditions which to the man's consciousness render the use of stimulating drinks needful to him. As soon, therefore, as under his bodily conditions there seems to be a necessity for their use, how, under any action of his moral sense, is he to be kept from their use? I never knew a man whose moral sense deterred him from doing that which he thought was necessary for him to do. In the department of morals, as in every other department of human life, necessity rises above all law; it knows none. Make a

man, therefore, to feel that liquor is necessary to his health and to his strength, to his sense of enjoyment, and to the use and proper fulfilment of his powers, and that he cannot have these without it, and of what force is to him a pledge that he never will take intoxicating liquors? It is like burnt tow wherewith to bind Samson; it amounts to nothing.

To check, therefore, the tide of intemperance in this country, we must go into a discussion and examination of the general habits of living of our people. If we cannot make them live so there will be no instinctive desire in them for stimulants, pledges will be of no avail wherever such desire exists, because under its existence the use of stimulants is consciously and obviously a necessity; and, I repeat it, pledges are no security against any indulgence which in his own estimation is necessary to the person. He is then under exceptional conditions, and, if he keeps up the necessity, the conditions will exist, and ultimately come not to be exceptional, but ordinary; and thus the man is in just the line of travel which places him in the conditions of a drunkard. Drunkenness, therefore, being a disease, must be prevented by healthier conditions of life for our people; must be cured by changing the habits of life of all such as have become its victims.

Now for the treatment. Deal with the drunkard as if he were a nervous dyspeptic, and his disease can be cured as thoroughly as can nervous dyspepsia; for, in truth, drunkenness is but the counterpart of nervous dyspepsia. The difference between them is only appa-

rent, for nervous dyspepsia puts on protean changes. Now it is hypochondria, now hysteria, then sciatic rheumatism, then congestion of the lungs, then seminal emissions, then spasmodic twitchings of the muscles, then congestion of the brain; now epilepsy, now apoplexy, now paralysis, now typhoid fever, now drunkenness. In other words, a large class of diseases have their predisposing causes in imperfect digestion and assimilation of food, and their provoking causes in an inflammation of the nerves of the stomach, liver, spleen, kidneys and bowels.

I have treated over fifty cases of paroxysmal or habitual inebriety where most of them had lost self-control, ordinarily or at times, pitiable to behold. Some of them were men in middle life, others young men just starting out in life, others mature women, and, in three or four instances, girls. In the cases of the women and of the girls, if I recollect rightly, the liking for alcoholic liquor was kindled as the result of its medicinal use. I treated them all on the basis that the nerves of the stomach were inflamed, and that where the appetite was paroxysmal, amounting to mania à potu, or craziness for drink, the paroxysm was brought on from some cause producing it in the external circulation. Not infrequently this change would be obviously dependent upon the modification of the temperature of the atmosphere. If it sunk in the scale 20° or 30° , making the air pass from a quite warm to a chilly temperature, the external capillary blood-vessels would be contracted, blood driven out of them upon the inner

tissues, particular and especial irritation of the blood-vessels of the mucous membrane of the stomach would be established, irritation of the organic nerves follow, the brain be affected, and the desire for liquor at the time would be awakened, and become intolerable. Before any such appetite all considerations of propriety vanish like a fog before the sun's rays. Home, friends, character, are nothing. To use the phrase of one of them, the victim's legs would be operated upon by an invisible force, and as against all the influences that could be brought to bear upon him through his judgment and moral sense, he would go to a groggery and drink until complete unconsciousness ensued. The paroxysm would last under the law of periodicity until reaction of the nerves, and so of the circulatory system, would take place, when, for the time being, he would be as disgusted with the idea of liquor as he had previously been drawn to its use.

In case of paroxysmal drunkenness, consequent upon occasional use, as of daily drunkenness consequent upon habitual use, my plan of treatment under my reflections on the subject came to be such as directly tended to relieve the blood-vessels of the stomach and the adjacent structures from their overplus of blood, and so relieve the nerves of their inflamed condition. To do this, tonic baths were given, daily, to the surface of the entire body. Fomentations were laid over the region of the stomach, liver and spleen, every day for half an hour, followed by washing the parts thus covered in cold water, and then putting on abdominal bandages,

which would be worn night and day, except when the person was in bath. The person was placed on anti-phlogistic food, made up largely of grains and fruits. Oily substances, such as butter and cream, were dispensed with. Common salt was not used at all. Tobacco, tea, coffee, and all the condiments, were strictly prohibited. The patient was taken away from business and placed under kind but thorough oversight. He was not permitted to go to town, nor in any direction to associate with persons who, drinking alcoholic liquors, perfumed the air more or less with their breath. A system of manly obedience was required of him, and, if necessary, an attendant was dispensed to him, and went with him, walked with him, cared for him, roomed with him. From three to twelve months have been taken up in restoring such cases.

Although, in a few instances where injudiciousness of friends has been manifest, and in a few instances where overwork has induced debility, the parties have returned to their drunkenness, yet out of the entire seventy not more than four or five have ultimately become drunkards again; the rest are, or were, when I heard from them all in good health, and sober, useful, honest, upright men and women. I, therefore, am firm in my belief that I have discovered the seat of the disease not only, but the means of curing it. I would as soon expect a reformed drunkard to remain sober if he were to return to the use of fermented and distilled liquors, as I would if he were to use tobacco or opium.

Although it may seem very strange to all who may read what I have said with reference to drunkenness and its cure, I nevertheless cannot forbear to say that I do not believe reformed inebriates, generally, can be kept sober after they are pronounced cured, if they are permitted to eat largely of flesh meats seasoned with the various spices in common use with our people, or to use tobacco, or to drink tea or coffee. A simple nutrient diet, the use of pure cold water for a drink, and personal cleanliness, with abundant sleep, will prove to be the only securities to the reformed drunkard. It is not necessary, in order to awaken in him the appetite for liquor, so that he will drink and become a drunkard, that he shall use liquor of any kind whatever. Tea, coffee, tobacco, pepper, mustard, salt, flesh meat, will create such a condition of the organic nerves, and of the mucous lining of his stomach, as to re-establish the desire for liquor, and then he will drink, come what may to his pledges or his social position.

CHAPTER XXVIII.

HYSTERIA.

THIS disease has its name from a Greek word signifying uterus. It is confined to women, and is to them what hypochondria is to men. Essentially, it is a disease of the hypogastric region, as hypochondria is of the epigastric region. It is not simply a supposed disease, but is a real affection of certain nerves, and can only be cured by such alteration in the condition of the circulation as to change the conditions of the nerves affected. It is neuralgic in character, meaning thereby that it involves certain nerves, so as to make them morbidly active, and according to the constitution and quality of organization of the patient will the diseased manifestation be.

It, therefore, is a matter worthy of some note, in order to decide upon just what is necessary to be done in the way of treatment and cure, that the physician should be able to understand the peculiar organization of the patient; for in one case one class of influences must operate; in another, quite a different set of means will only prove successful. I have found that whatever would serve the purpose of sedation to the general nervous system, without subsequent violent reactions, was

the best remedy which I could employ. I have never heard of any permanent benefit derived from the administration of the usually accepted medicinal nervines. They all created conditions of temporary improvement to ultimate loss. Hence, hysterical women, who have for years taken opiates, anodynes, nervines, of one sort or another, have, as far as my observation has gone, and my experience in the matter has been had, been made worse therefrom.

I have found that the Psycho-hygienic treatment is altogether the best; much better than the simple hygienic. In truth, I came to be a Psycho-hygienist instead of a mere hygieo-therapeutist, because of the necessities of my position in the treatment of hysterical diseases. I have found under long and varied application of mere hygienic treatment, that this class of diseases baffled my skill; that in many instances I could not reach them. Bathing, life in the open air, the use of simple, nutrient food, and the use of other mere hygienic agents did not prove successful. There were conditions of the system which would not yield. I found these to be of the mental or spiritual kind, originating in—if one pleases to have it so—and dependent upon, morbid conditions of some particular portion of the physical organism, but nevertheless manifesting morbidity which the use of the merely material, hygienic agents would not reach. So I said to myself, psychology as well as physiology must come into play. I must understand what are the mental and spiritual conditions of such persons; for only by

such knowledge can I hope to reach their cases. I therefore studied out what, for want of a better phrase, I am pleased to call Psycho-hygiene, and by which, as I have said elsewhere, I mean a knowledge of the *laws of life and health*; for it can readily be discerned that these do not always work together, but often against each other, it being true that many persons, notwithstanding they are in decided ill-health or very sick, nevertheless continue to live.

I wanted to find some plan or process of so treating disease as that when it could be said of a person that he is alive, it would be said of him conclusively that he is healthy. So thinking the whole matter over, and bringing to bear my experience, I finally came to the conclusion that I had discovered methods whereby in much larger degree than I had before been able, and than I believed anybody else to be able to do, I could treat all diseases successfully. Making use of my methods, I found no class of persons more readily to derive benefit therefrom than those unfortunates who are cursed with hysterical and hypochondriacal morbidities. The worst forms of hysterics I have treated and am treating with success. The worst forms of nervous dyspepsia are also being treated at "Our Home on the Hillside" with thorough success. Opium drunkards, hasheesh drunkards, liquor drunkards, tobacco drunkards, gluttons, sexually-debilitated persons are, under the Psycho-hygienic treatment, cured of their diseases.

In this direction, I may as well say, perhaps, at this point as at any other, what I wish to say upon

female diseases; because these are largely hysterical in their nature, and are dependent upon proper methods of treatment for their cure. It is known to the profession, and to a good degree to persons of observation who are laymen, that the most fashionable, because the most common diseases with which women are afflicted now-a-days in this country, are those which are known as female diseases; a class of ailments that are peculiar to women, and which are supposed to have their seat, if not their origin, in some portion of their sexual or reproductive system.

The phases which such diseases assume are as varied as are the conditions of the structures of the reproductive organs. In one it is prolapsus of the womb; in another it is anteversion or tipping forward; in another, tipping backward of the uterus; in another it is acute disease of it; in another, chronic inflammation of the neck of the womb. Again, it is debility of the mucous membrane of the lower part of the vagina; in another, of the top of the vagina; in another it is ulceration of the neck of the uterus; in another, of the interior lining membrane of the uterus; in another it is blind piles; in still another it is mechanical displacements; in another it is excessive constipation, caused by physical displacement—the uterus pressing upon the rectum, and hindering the descent of the feces through the lower bowel. Thus the morbid conditions are to be described. The reflex influence of these is manifest on the general health and vigor of the body of the patient and also upon the

mind. The body becomes enfeebled or comparatively so; the mind of the patient becomes uncertain, unreliable, vacillating, manifesting now the extreme of impulsive energy, and now lack of it.

In all such cases, I have found the social conditions of the person to have had much to do with the origination of her difficulties, or having much to do with their continuance. Hence, I have found that, whatever might be the need of hygienic appliances, the responsible consciousness of the person must be made to work in the right direction. Means, in themselves most admirably adapted to the cure of such forms of disease, will prove of little avail unless the intellect and the intuition of the patient can be brought to their aid.

The first thing in a hysterical case, involving uterine derangements, which is all-important to be done, is to get possession of the patient; to inspire her with great confidence in the means to be used. To do this, the means themselves must be of the right sort, and not only so, but she must be brought under the direct influence of some person who can make her believe that they are of the right sort. If she questions their utility, she will practically disprove it; if they are useful, and she believes it, she can be readily cured. Such are the mental conditions of hysterical women, and such the mental conditions of hypochondriac men, that they can be more readily affected by means which are altogether inapt, and therefore intrinsically useless to the restoration of their health, if they can be made

to believe in their use than they can be by the use of means which are admirably calculated to aid in the cure of their disease, but in whose application they have no confidence. Psychology, or that science whereby you control the life-force through its own instinctive or intelligent consciousness, is the power which, in such cases, must be brought to bear. A physician whose relation to the patient will enable him to acquire the largest amount of confidence over her, can make her improve faster under the application of water and bread-pills, if she believes in him and in his remedies, than he can, if she disbelieves in him, by the use of the most competent medicines known as belonging to the *materia medica* or outside of it.

In saying this, I am not talking devoid of sense, nor in contradiction of science. Too many proofs of the truth of what I have to say lie all along the track of human life to justify doubt in the matter. Nor will it do to question the actual existence of the diseased conditions of persons so cured. Dr. Austin and myself have had to deal with some of the very worst forms of disease where the structures of the uterus were involved in long-continued and painful ulcerations, which have been cured by the patient use of hygienic means psychologically applied, where these same means had failed when simply hygieo-therapeutically applied. It is not uncommon for us to have persons come to us who have been treated hygieo-therapeutically, hydro-pathically, homeopathically, electropathically without any benefit, who being Psycho-hygienically treated by

us get well. And the cause of our success, and the cause of the failure of others who have treated them, is to be accounted for on the ground that our treatment involved the action and approval of the consciousness of the patient, where in the other courses of treatment the patient was simply passive.

When therefore, I have a patient belonging to the hysterical class, the first thing I do is to try to get possession of her, just as I do to get possession of a man when he is a hypochondriac. If I succeed in making her or him exercise faith in me, I ask no odds of the disease unless it be in the very nature of the case incurable. In most instances this is not the condition; for, of the number of bedridden women, of those who are suffering from chronic female complaints; or, of the nervous dyspeptic men, of those who are suffering from hypochondria, there is not one in five hundred in this country who is not capable of being restored to good, sound, substantial health.

In the treatment of hysterical diseases, involving uterine morbidity, the fashionable or regularly-accepted medical method is the application to the diseased parts of counter-irritants. Where ulceration exists, as in many cases it does, the plan is to apply caustics, either nitrate of silver or some preparation of potash, hoping thereby to change the action of the circulation, and so change the condition of the nerves of the uterus, and by reactive sympathy the conditions of the general nervous system, and thus restore the patient's health. There is one very conclusive objection

to this method of procedure. It is that metastasis, or the removal of the disease to some other part of the system is likely to take place, which, it should be understood, is not only no cure, but is more likely than not to be more positively injurious to the health and life of the patient than the original disease was. Where such action is set up and so a substituted condition takes place, and a new disease is established, the transfer is often from an organ whose diseased state does not peril the life of the patient to an organ whose diseased state does peril her life. Under such a change, therefore, the patient gains nothing, but may lose. I have had, probably, not less than five hundred lady patients who have been treated for uterine diseases by caustics, and have been said to be, and were supposed to be, cured thereof, who, within a period of one to three months after their cure, manifested forms of disease as much more destructive to their lives, and of course to their health, than the disease for which they were treated by caustic, as an organic disease is worse than a mere functional derangement. In some instances they have had hemorrhages of lungs and stomach and nose set in; in others, a development of tubercles in the bowels or lungs, or both; in others, the worst forms of nervous diseases; in others, soreness of throat, acute catarrh, inflamed eyes, deafness, and, in some cases, very severe, and apparently unmanageable cutaneous eruptions, breaking down their constitutions, and, in the case of most of them, inducing organic lesions of some particular structures.

Therefore, since I have come to be Psycho-hygienic in my practice, I recognize, essentially, uterine diseases as creating hysterical complications, and, therefore, to be treated after methods that shall challenge the action of the vital forces as largely as may be through and under the uses of the body entire. Head, lungs, stomach, liver, spleen, kidneys, skin, muscles, nerves, bones, mind, soul, heart, spirit, must all play their parts in overcoming the morbid conditions of the special organ involved. My treatment, therefore, may justly be considered as general and not local, as Psycho-hygienic and not simply as hygieo-therapeutic. It would include, of course, all such local applications as a morbid condition of any structure might demand; but the main plan would be so to relate the patient to general rules of life, as to bring the entire nervous and nutritive system under their influence as effectively as the constitutional organization and functional conditions of the patient would admit.

In this direction, the manner of living at "Our Home on the Hillside" shows its superiority over the ordinary methods of living common with our people. Walking and riding in the open air in the morning and toward evening; plentiful use as a drink of soft water, the effect of which, as a diluent and solvent, is in many instances very great; the use of unbolted wheat flour cooked into simple food in the forms of bread, or pudding or gruel, with the more nutritious vegetables, and the sub-acid fruits; sunlight-baths; the wearing of the American costume as a dress; the establishment of

regular hours of retiring and rising, thus invoking and securing plenty of sleep ; pleasant social surroundings ; mental quiet ; and the cherishing and exercise of large faith in the goodness of God, work with most wonderful curative efficacy. Under such arrangements as these, a great many women broken down in health, and made more thoroughly diseased by the use of poisonous medicines which they had taken, have been so benefited, or so thoroughly restored to health, as greatly to gratify their friends, and make life to them a pleasure and a source of happiness, instead of a heavy burden with the carrying of which they had a great many times felt a strong desire to dispense.

CHAPTER XXIX.

ST. VITUS' DANCE.

THIS disease shows itself in such spasmodic action of certain muscles of the body as to produce twitchings, jerkings, or involuntary use of these muscles. It is essentially a nervous disease. It is said to have taken the common name which it bears because of the cure performed upon certain women of disordered mind, who paid a visit to the chapel of St. Vitus, near Ulm in Suabia, and who exercised themselves in dancing until they became tired out. The disease it is said returned every year, and was as regularly cured by the same process.

A singular case of this disease has been related by Dr. Watson in the *Medico-Chirurgical Transactions*, in which a girl, ten years of age, kept up the most extraordinary movements and exercises for five weeks, sometimes for twenty hours a day.

In my own practice, I have had three or four as extraordinary cases as I have ever heard about, one of them I think more extraordinary than any that has ever come to my knowledge. She was a young girl about fifteen years of age, the daughter of a wealthy man, and when brought to me had so far reached an

advanced morbid condition as to have no constraining or resisting power to the action of any muscle in her body. The twitching of all the muscles was not constant, but the involuntary action of some of them was unintermitting. Usually the most rapid and violent exhibition of twitching was seen in the muscles of the face, which would be twisted into all sorts and manner of shapes in the course of a little time, causing her to make up the most wry and unpleasant faces, expressing thereby the whole round of passional and emotional exercises. Hers was the only case wherein, under the action of the muscles, the countenance was made, apparently, to show the feeling or the intelligent consciousness of the person. Another case, somewhat different from hers, but not less interesting, is that of a young lady who, in addition to the contraction and expansion of the muscles of the body, had become blind. Her entire body was in a constant muscular activity, except when she was asleep. But as in the former case, so in her own, did entire passivity immediately succeed the loss of consciousness by sleep.

The first case was under our treatment a little over a year, and was thoroughly restored to health. The second case was under our treatment a year, and was greatly improved. Having left us but a few weeks at the time of this writing,* I am not able to report her case as to cure; for she is following up my treatment at home, making steady progress; has become able to

* Eighteen months having elapsed since writing the above, I am able to report that the lady has recovered her health and sight, and is fully able to fulfill her ordinary duties.

walk a little, which she could not do when she came to us to the taking of a single step. She has also reached a point where very acute sensibility to light has returned to her eyes, indicating, as I think, most unmistakably, a revitalization of the optic nerve, and promising to her, in time, restoration to sight.

I have treated over twenty cases of St. Vitus' Dance, or Chorea, as the physicians call it. Only in four cases have I failed. These were three men and one woman, all of whom were incurable, by reason, as I think, of being drug-poisoned.

In the methods employed for the cure of this disease, I have found none so immediately palliative, and in the long run so curative, as the use of warm water applied over the stomach, liver and bowels, connected as such application always has been with ablutions of the whole body, the use of proper food, exercise, rest and proper mental associations. The results of my treatment have led me to conclude that the seat of the disease, whatever may be its origin, is in deranged conditions of liver, stomach, spleen and transverse colon, involving great irritation, if not inflammation, of those nerves which are spread out over and through these organs. The disease begins always, I think, in congestion of the mucous membrane of the stomach, to involve the liver and the spleen, and then to make such other complications as each case may show.

In the way of treatment, what the patient shall eat and drink becomes a matter of great importance. Most choreic persons like high-seasoned food and stimulating

or narcotic drinks. In quite a number of instances, I think the derangement of the stomach, and liver, and spleen, which, when it had reached a certain point, produced the disease, was caused by the very liberal and debauching use of coffee. Next to tobacco, I think coffee the most efficient agent in the production of this morbid condition. I do not know, on the whole, but it is quite as efficient as tobacco. Where the disease is seen in boys, almost always solitary vice has had something to do with it. Instruction on the part of parents and teachers should, therefore, be given to young lads with reference to the direful effects which may follow from their premature excitement of the reproductive organs. Where very young girls have had it, I have found in many instances that the menstrual function was involved. Either it had not appeared when it ought, or from some cause had become irregular in its show, or entirely suppressed. As a preventive, therefore, to the disease, it is quite needful in young persons of both sexes that they should be trained to simple and healthful habits. In a great many cases, where this and other severe diseases show themselves in young persons, they might be entirely prevented by proper hygienic care. I scarcely know of a disease more to be deplored, because of the entire transformation of bodily appearance under its manifestation, than St. Vitus' Dance. It is exceedingly painful to witness the helplessness and want of control which some persons show who have it.

The Psycho-hygienic treatment is admirably adapted to its cure, but, in the great majority of instances, I

think it will be found that those who are suffering from it will have to take treatment away from their homes, and that this will be the case for many years to come, because the means of living hygienically in private families are much less complete and available than in a public institution, by reason of the influence which society exercises over the freedom of those who constitute the members of such families. I have not found it necessary to speak disparagingly of home treatment, as of avail in the cure of a large class of diseases with which the American people are afflicted, by reason of the abstract difficulty of making a proper diagnosis of the condition of sick persons, nor yet because of the incompetency of making proper suggestions in the form of prescriptions for their treatment; but because when the right understanding is had of the diseases of such persons, and the right methods of treatment indicated, a proper enforcement of such treatment is hardly ever made.

I account for this on the ground that the persons to whom the treatment of sick persons at home is committed, have not the courage to do what is required, if in the doing of it the general ideas of fitness and propriety, as entertained by society, have to be traversed. When in every village and town in our country, there shall be found so many health-reformers as to insure, on the part of society, entire toleration for them in their ways and manners of living, then I think hygieo-therapeutic treatment can be applied more or less successfully to the sick at their own homes. Until

such toleration exists, sick persons who want Psychohygienic treatment will have to go to an Institution where it is administered. Unless they do so, the means for their cure will either not be at command, or if so, will not be employed

CHAPTER XXX.

PULMONARY CONSUMPTION.

THIS disease, which produces a larger number of deaths than any other to the inhabitants of America, I have had to treat in so large a degree as, in my own view, to justify a detailed statement of its causes, both predisposing and proximate, and of the best methods of curing it. I therefore have published a work of four hundred pages, entitled, "Consumption; How to Prevent and How to Cure it," and take the liberty to refer all persons who may wish for information on the matter to that work.

MUMPS.—This disease is a swelling of the salivary glands. It prevails in large portions of the United States, and is generally epidemic. It is also communicable or catching; one person in a family having it exposes the other members of the family to it, if they have not had it. It is seldom known to affect the same person twice, though there are instances on record where this has happened. It is not a dangerous disease, except in cases of very scrofulous persons. It usually affects children, though adults occasionally have it. Sometimes one side of the neck is affected, but oftener

both. While the inflammation is in progress, the enlargement of the glands and the contiguous textures occasionally becomes great, so as to produce a decided deformity, and is attended with general fever, though not often very severe. The disease reaches its height in about four days, when resolution takes place and the patient is relieved. The best treatment for it is that which is general, so far as to keep down fever, involving the use of tonic baths, unstimulating food, rest, and plenty of good air to breathe. Unless a person is of scrofulous habit, and is predisposed to rapid deterioration of blood, there is no danger. Under anything like fair management, as to the ultimate result, the patient will recover.

There is one peculiarity about it, however. Where the disease is treated medicinally, and the swelling of the neck and throat subsides quickly, metastasis takes place, and swelling of the testicles, in the male, and of the breasts, in the female, succeeds. It is said that the testicle, which is on the same side as the salivary gland which is inflamed, is sure to take on inflammation whenever substituted action is set up. This is a mistake; for in several cases in my own practice I have known the converse of this statement to be true. When the disease attacks a very scrofulous patient, and metastatic or substituted condition takes place, after a certain period of swelling of the testicle or breast, as the swelling recedes the structure involved diminishes in its natural size, insomuch that in a few instances I have known boys to have one of the genital

glands completely absorbed. I have also known two girls who, having had mumps, recovered and grew to womanhood, but had only one breast left, the other one having been nearly or quite destroyed. Some doctors have supposed that where there is a necessity for metastatic action, it is favorable that the testicle or breast becomes involved, because this saves metastasis to the brain; but I do not see any conclusive ground for this supposition. Inasmuch, however, as metastasis does take place, the treatment of the disease in very scrofulous persons should be mild and gentle.

Sometimes in this disease severe salivation takes place. When this is the case, of all applications which I have had occasion to employ, none is so prompt in healthy reactive results as that of the wet-sheet pack. Under such circumstances it should be employed as frequently as the patient can take it, and indicate no special debility therefrom. In one case of mumps which I had to treat, the salivation was so great as for two or three days to amount to over a pint in a day. I cured it in the course of two or three days, by the application of the wet-sheet pack. In two or three instances which have fallen under my care, where boys who had reached puberty had the mumps, and the salivary glands were incited to profuse action, after recovering from the specific form of the disease the flow of saliva remained, and the amount of secretion was so great that they could not swallow it; it became disgusting to them. I entirely cured them of the disease, which had been on them for several years, by a course of wet-sheet

packing, with a tonic dripping-sheet bath applied regularly every day for about three months. These were the only cases that I have had where the salivation seemed to be the result of the disease alone.

SALIVATION.—Several cases of salivation I have had to treat where persons, having had the mumps, had had mercury administered, and after their recovery the ptyalism continued. I subjected them to pretty much the same methods as where the disease seemed to be idiopathic or spontaneous, and they recovered.

Speaking of salivation in connection with mumps, suggests to me to mention the case of a middle-aged man, which to me was in its manifestation very interesting, because very peculiar. He was in size large, of almost pure bilious temperament, with black hair, dark eyes, and of very dark skin. He weighed one hundred and fifty pounds; a very healthy man until within two years of the time when he came to us for treatment. He had been a large eater of high-seasoned food, a large drinker of beer, an active, energetic, untiring worker. He had not been sick, until all of a sudden his liver refused to act. He consulted a homeopathic physician who gave him some medicines which ostensibly did him no good. When the season for visiting mineral springs and watering-places came about, he was induced to go to Saratoga. There he stayed for a few weeks, and drank abundantly of the water of Congress spring. While drinking it, his salivary glands began to flow, and kept increasing in the quantity of

saliva secreted. He consulted physicians of one school and another, took drug-medicines, tried everything almost, until he was advised to come to "Our Home on the Hill-side." On examination, I found three points of interest, which seemed to me to account for the abnormal action of the salivary glands. One was that his skin was very harsh. On inquiry, he said that he sweat little or none. The other, that he made but very little water; the other, that he had but very small defecation; and, as a consequence of all these, that he had very fetid breath. With these, was immense flow of saliva, attended by great physical debility, great mental depression, and a sense of general illness. I said to him that I could cure him if he would give me six months in which to do it. He said he would willingly appropriate six years. I put him upon the simplest food, gave him all the soft water that he could drink—which was a good deal—packed him for the space of forty minutes three times a week; gave him for baths a dripping-sheet, of the temperature of 80° to 72°; opened his bowels by tepid injections. In less than sixty days I reduced him forty pounds. In less than one hundred and twenty had him back again to quite or nearly his usual weight, with as clear a skin, active kidneys, active bowels, as any healthy man ever had, with inodorous breath, and the secretion from the salivary glands reduced to the natural quantity. A happier man I never knew.

In stating to me the sensations which he felt when *his salivary glands* first began to flow, he said that he

was drinking Congress water when, all of a sudden, the feeling of heaviness, which he had carried for months in and around his stomach, went to his throat. It seemed to him when the transference of impression took place, that his stomach became as light as a cork, and that the heavy weight had been hung around his throat. That sense he carried until he began to improve under my treatment, when gradually it passed away.

I have had two other cases of profuse flow of saliva which were so peculiar as to justify me in the one case in calling the attention of a celebrated dentist to it, and in the other, of two or three medical men of local celebrity to notice it. One was the case of a lady who, being under treatment in my Institution, had a critical action in which the gums began to grow. In the course of ten or fifteen days they grew so rapidly, all the while profuse salivation existing, as entirely to cover all the teeth she had in her head. She had been for years an invalid; had taken a great deal of medicine, of which a fair share was calomel and opium. The odor of her breath during these morbid manifestations was similar to that which exists in the case of a mercurially salivated person. But it was not the flow of saliva so much that astonished me as the rapid growth of the gums. I took a sharp-pointed, slim pair of surgical scissors, and ran along the base of her molar teeth, and cut strips of gum off, and took them out of her mouth an inch and a-half in length, and in thirty-six hours the gums were entirely grown over

again. The teeth which had up to this time been solid in their sockets, soon began to be loose, and thrust, as it were, downwards out of their places. I accounted for this on the ground of deposit at the bottom of the teeth crowding them out, or else of sudden absorption of the bone of the jaw enlarging the cavity and leaving the teeth loose.

The case became so peculiar that I sent for my dental friend. When he came to see the case he said that Dr. Harris in his "Dental Surgery" had reported a case exactly like the one then before him, but for which Dr. Harris had received the distrust of his dental brethren to such a degree as to involve him in their minds in the charge of having manufactured his case, none of them having ever seen one like it. At my suggestion he took out of the patient's mouth twenty-four teeth at one sitting, she suffering no pain whatever. Confidentially he told me that he did not think she could live; confidentially I replied to him that I thought she was sure to live—he thinking such a morbid manifestation destructive, I thinking it curative. My own opinion proved the right one, for the woman got entirely well.

The other case was that of a gentleman who came to me to be treated, weighing about one hundred and fifty pounds. He had been sick for two years; was treated after the best medical skill resident in Canada, but to no purpose. He kept constantly failing, and as a last, desperate resort he came to me. He said the *most unpleasant* sensation, which amounted to actual

suffering, which he had to endure was that of chilliness of the surface. He could not keep warm at night. It seemed to him as if he would freeze. Though it was October he slept with a fire in his room, and blankets and comfortables were piled upon him until they were of no use. I finally sent for his wife. She came, and I stated to her my views of his condition, which were that he would live and get well, though he was a drug-poisoned man. What he had taken I did not know; very likely I should know before I had done with him; but that he would have to be very much reduced in flesh. This alarmed her, for he was already thin as compared with his usual weight. However, it was a desperate condition he was in, and she told me I must do what seemed proper. So I put him under Psycho-hygienic treatment, and he began to lose flesh. He ran down from one hundred and fifty to ninety-eight pounds; but when at his lowest point he was so much warmer than when I began with him as to be able to sleep comfortably all night with a moderate amount of clothing. This loss of weight occurred chiefly through the action of the salivary glands. We estimated that he spat out of his mouth in the course of forty days not less than six gallons of fluid of the most purulent and stinking odor. It was wonderful to see it. It ran right out of his mouth. For days he did nothing but lie and drool, as a heated dog would drool, from the tip of his tongue.

When he had gotten so low in flesh and was competent to keep warm on the surface, he began to rally.

and very rapidly gained strength, living upon simple food, gained flesh, and kept gaining until he reached nearly two hundred pounds. Though this transpired sixteen years ago, he is now a healthy, hardy, active man. On the whole, it was a very remarkable cure, challenging the attention of a large circle of very intelligent friends and acquaintances.

CHAPTER XXXI.

QUINSY.

THIS is the popular name for a swelling of the tonsils. It differs from croup or diphtheria mainly from the fact of its originating in, and being confined to, a different structure from that which is affected by either of those diseases. In severe cases of quinsy, the adjacent parts also become inflamed. The salivary glands swell so that there is visible enlargement on the outside of the neck, and sometimes the structures below the tonsils are also involved; but ordinarily the swelling begins in the tonsils, and is mainly confined to them; and where suppuration does not take place, usually lasts from four to five days. When pus is formed and the tonsils break, the disease lasts from eight to nine days.

Quinsy, like croup, is ordinarily seen to affect children; but where a person has a scrofulous constitution, and is thereby predisposed to diseases of the blood, and so of the glandular system, he may have quinsy though he be grown up. Some of the worst cases I have had to treat have been those of adults, and, in a few instances, of persons past middle life, who had had sup-

purative quinsy as often as once in three years from the time of early childhood.

The disease is not to be considered as dangerous, but rather as painful and vexatious, and is itself commonly found in that class of persons who are of scrofulous habit, and who intensify their depravation of blood by bad habits of living, which might be prevented, in most cases, by subjecting the persons to hygienic habits of life. With no class of persons can diseases be prevented more effectually than with that class usually known as scrofulous persons. While persons of scrofulous habit of body are liable to abnormal conditions of body, which not infrequently prove destructive, they are quite as susceptible to proper methods of life, and so to good health, as they are to diseases under ill ways of living. Where a person, then, is subject to quinsy, the best way in reality to cure it is so to live, to speak paradoxically, as not to have it. And this is not at all difficult. There need not be any very sore self-denial, unless the person is in the way of indulgences which ought to be restrained.

All persons of scrofulous habit of body, and predisposed to glandular and membranous inflammation, should avoid the use of flesh meats, narcotic beverages, stimulating drinks, and all condiments. To do so, and to keep their bowels open, skin clean, and not overtax the nervous system in any direction, is to induce such conditions of body as thoroughly to protect them against quinsy; and this as truly after they have had it many times as though they had not had it; for

the human body can have its predispositions as it can its actual conditions thoroughly changed, so that it shall be, as it were, another body.

I recollect having two persons, one a lady and the other a gentleman, both of whom, for twenty years, had had quinsy as regularly each year as the winter came around. The lady was a great sufferer. Her attack lasted, between the first swelling of the throat and the suppuration and breaking of the abscess, from ten to twelve days, meanwhile not being able to eat solid food at all, and for part of the time not to drink, and the latter part of the time not to speak, suffering nearly all the time from high fever, with face flushed, pulse up to 120° , general functions of the system greatly disturbed, and, on the whole, herself greatly distressed.

When she came to me, she told me of the nature of her difficulty, and offered me any time which I might need for her cure. I said without hesitation, that she could be thoroughly and completely relieved from it. She stayed with me a year; had one very severe attack while under treatment. Soon after it she went away from me, and, though eleven years have elapsed from that time to this present time, she has never had a recurrence of the disease nor anything like it.

The treatment which I give for quinsy is constitutional as well as functional. I assume that the disease has its predisposing cause in the quality of the blood manufactured in the person. Blood necessarily in its qualities partakes somewhat of the qualities of the food

out of which it is made. Thus, a person eating farinaceous and fruit foods will make a different pabulum out of which a different quality of blood will be made, than though he ate flesh-meats, exclusively or largely. Hence, as it is important to change the quality of blood of any given person, it *may be* important to change the kinds of food he eats. In most cases of persons of scrofulous habit, I have found this a condition precedent to success in the treatment of whatever diseases they might have. I have never treated successfully a case of pulmonary consumption where I have not found it necessary to alter the food the person had been accustomed to eat. I think the same is true in all cases of quinsy which I have had to treat; for I do not recollect that I ever knew a person who had never eaten any meat or spices to have had quinsy.

The first thing, then, to be done in treating a case of quinsy, not with a view to enable the patient to be relieved from a specific attack only, but to be relieved from it and from liabilities to have subsequent attacks as well, is to set about making for him a better quality of blood. Second, to improve the conditions of the nervous system. Third, to secure a more vigorous, and, therefore, a more equal circulation of the blood. Fourth, as a result of these foregoing changes, to secure a thorough elimination of the waste matter from the system.

When these are done and he has recovered from any given attack, there will be no danger while these conditions continue of having another attack. Making,

therefore, the treatment in any special case as constitutional as one can, while meeting present abnormal conditions of the system, the special treatment which I have used and noted in special cases, has been to foment the part affected frequently, alternating the application of hot wet cloths with ice-cold wet cloths. I have found that where there are greatly congested conditions of any part, threatening inflammation, this compound treatment checks the progress of the disease, and enables the system to recover by resolution rather than by suppuration. But if the case be such that this cannot be done, and abscess formation must take place, then the suffering is greatly palliated by the use of this compound treatment.

Connected with this local treatment, I have generally employed packing, dripping sheets, injections of tepid water to open the bowels, foot-baths to keep the circulation established in the lower extremities, cool cloths to the head, and as soon as the patient could swallow, a plentiful use of cool, soft water as a drink. In this way, all the cases which I have ever had to treat have been treated successfully; and, as the patients afterwards have been induced to live hygienically, they have been free from subsequent attacks.

BRONCHITIS.—This disease in popular phrase is called “ministers’ sore-throat,” owing to the fact that in the United States it first made its general manifestations in that class of our people. A great many clergymen all over the country began all of a sudden to have it.

Its location is at the upper part of the wind-pipe, affecting the larynx, or that part of the breathing tube which is situated at the top of it, and so affecting the structure below along down it, until a point is reached where the wind-pipe divides, one part of it going to the right and the other to the left lung. In its incipency it is a mere inflammation of the upper part of the wind-pipe. As it progresses downward, affecting the mucous lining, it finally reaches the air-cells of the breathing tubes of the lungs. Thenceforward the inflammation becomes chronic; ultimately affecting the substance of the lungs, then the person has bronchial consumption of the lungs.

It is a catarrhal disease in its origin, the secretion of the mucous membrane being of whitish thickness. After a while, as the disease progresses, the secretion becomes of a thick yellowish hue, from which period, unless the disease is checked, ulceration of the follicles of the mucous membrane takes place, and then organic disease of the part exists. The patient's voice becomes hoarse from the dryness of the fauces, or back part of the throat. The larynx or upper part of the wind-pipe also is affected, the valve or epiglottis to it does not play up and down smoothly; and so there is created not only a hoarse, but a hissing sound to the intonation.

It is a difficult disease to cure, because along with it are involved conditions of the digestive and excretory organs. Most persons who have it are scrofulous, either of the light or dark variety of scrofula; though, I think

it will be found upon extended examination by others, as it has been by myself, that the majority of persons who are afflicted with it and ultimately die of it, have black hair, black or very dark eyes, and a dark skin, with more or less of a bilious habit of body, and a disposition under favorable circumstances to an affection of the general glandular system.

My treatment for it has been such as to involve, if possible, the improvement of the blood-making organs, for I think that, at the beginning, the fault lies with them. The blood of the bronchial person is organically depraved. Make better blood, and the disease is easily cured. With imperfectly organized blood it is difficult to cure it.

I therefore have prescribed antiphlogistic food, such as the grains and fruits, particularly the latter. I think that sub-acid fruits, or fruits which are only a little sour, eaten habitually and in abundance, constitute a most excellent kind of food for bronchial persons.

Of the grains to be eaten, Indian corn should be discouraged. It is, from its oleaginous properties, heating. It is not, therefore, as good as wheat or oats. Most persons having this disease have torpidity of liver, dyspeptic conditions of stomach, poor assimilation, imperfect action of skin and costive bowels. These conditions should be sought to be overcome by diet, bathing, exercise, etc. If the patient can stand it, a wet-sheet pack three times a week, followed by a good dripping sheet immediately on coming out of the pack, at a temperature of 85° to 90° in warm, and 90° to 85° in cold

weather, well cared for in its application by a good attendant, who will rub him until his skin is free from moisture and in a reddish glow, together with sitz-baths at 85° of $15'$; 80° of $10'$ in warm, and 90° of $5'$ in cold weather; and the wearing of a bandage wet in front night and day, all the while, except when in bath; horseback exercise if he or she can take it—if a woman, to ride like a man, and not on a side-saddle; or, if too feeble thus to ride, to ride every day in a carriage; to walk a little, but not too much; to live as much as possible, even though not in active exercise, in the open air; and to take abundant rest with regularity, and always for an hour after bathing. These will prove efficacious appliances.

In a good many instances, I have found great local relief to come from wearing a wet neck bandage, covered by a dry one all the while, night and day, and to gargle the throat frequently, first with warm water and then with cold, for the space of five minutes at a time.

The safety in the treatment of such cases, however, lies in treating them early. When organic lesions of the structure have come about, there is no surety that the disease can be cured. In some instances success has followed my applications after positive ulceration, accompanied with almost entire loss of voice, great emaciation and constant fixed cough; but in such instances the person has undergone a most thorough reconstitutionalization before renovation showed itself.

INFLAMMATION OF THE LUNGS.—Physicians of all

schools and in all times, have differed as to the exact place or part where, in this disease, the inflammation begins. My own opinion is, that the entire texture of the part inflamed is involved in the process of inflammation at the same time. The first indication of the disease is the congestion or engorgement of the lung. The substance of the lung becomes filled with blood, or with bloody serum. There is no difficulty at this stage of the case in treating the disease successfully. In fact, in any of its curable stages, the disease is one of the easiest to treat of the entire class of acute diseases to which the American people are liable.

Congestion usually precedes active inflammation by the space of twenty-four hours. It is easy enough for any one of ordinary observation, to become aware of the congestion, and, in a great majority of instances, by proper treatment to check it. Whenever a person complains of difficulty of breathing, so that he feels as if his lungs were filled up, and that there is no space for air, but no pain attending it, with the eyes suffused and the face flushed with blood, and the motions of the person, however active naturally, heavy and lacking elasticity, such conditions are the forerunners of an attack of pneumonia.

At this period, to promote circulation to the lower extremities; to keep the brain in as vigorous conditions as possible, by applying cool cloths to it; to apply warm woollen cloths over the lungs for the space of three-quarters of an hour at a time, two or three times in twenty-four hours, to be followed each time by cold

compresses over the lungs, to be retained there ; to keep the bowels open, and to promote general circulation by thorough skin-washings, constitute the remedial means to break up an incipient condition of this disease.

When, however, from neglect the congestive has passed into the inflammatory stage, more active treatment is needed. First, there should be an entire disuse of foods of all kinds, even those which might be offered in the form of gruels, or teas, or coffees ; next, there should be such ablutionary measures taken as will necessarily determine blood to the external capillaries, and fill them full, and keep them so. This is best done by wet-sheet packing, with tonic dripping-sheets, and washing-baths after it, repeated if there are manifestations of external fever until the heat of the body is reduced to its natural degree, and the pulse lowered to nearly its natural standard ; for it is a fact, however acute and severe a general fever may be under an attack of inflammation of lungs, the fever can be reduced and kept in manageable form. It is well to put on bandages around the neck and over the chest not only, but also over the abdomen. By packing with dripping-sheets after it ; by keeping the bowels open and the bladder well-emptied, and feet warm and the head cool ; by removing all mental causes of excitement, and surrounding the patient with just as pleasant external conditions as may be ; giving him plenty of pure air, without which he never can get well ; and sunlight to as great a degree as will not be painful to his eyes, there is no difficulty in treating the disease. I have

never yet lost a case of inflammation of the lungs, though I have treated several hundreds of all ages, sizes, sexes and conditions.

I recollect, in one instance of a young lad, the attack was so severe, that between six o'clock in the evening and four o'clock in the morning, I packed and gave baths after the pack, seven times. The pulse was so high when I began as to be uncountable; the distress was very severe; the case looked as if it would be fatally concluded in a few hours, and yet, by producing vigorous reactions in the circulation, I saved the boy.

There is no need of persons dying of inflammation of lungs, who have vitative force enough to live at all. All that is necessary in order not to have a person die smitten with the disease, is to make the right applications at the right time, and thus aid the vital force in overcoming the abnormal conditions then existing, and re-establishing the body in its natural state.

The disease is so common in this country as to merit a word or two as to its predisposing causes. I have found upon large examination, covering hundreds of cases, that the proportion of human females who have it to human males, is as seven to four. This is to be accounted for largely, I think, on the ground that women have no such natural relations to life as to cultivate in their bodies a habit of vital resistance to morbid conditions of the inflammatory type. They live so much in the house, and get so little pure air and sunlight thereby; they dress so badly, from the child four

years old up to the matron, that the circulation of the blood is almost always more or less disturbed, and debility of the nervous system more or less exists. Boys as compared with girls, live very much more in the open air, and, therefore, become habituated to exposure. They have, therefore, a better vital resistance to anything like disease than girls have.

The same is true of young men, and of middle-aged men, as compared with women of the same age and condition in life. I would advise parents who have children to rear, to accustom them to life in the open air. Perhaps I need say nothing on this point bearing upon the conditions of living of boys; but so far as girls are concerned, they should have given to them greatly improved opportunities over those at present accorded to them. Unless they do, they will be exposed to acute diseases; and, of these, none more frequently and none more likely to make itself manifest in deadly form, than that of inflammation of the lungs

CHAPTER XXXII.

PLEURISY.

THIS is a disease which affects adults oftener than children. It is an inflammation of the membrane that incases the lungs. Its physical signs are manifested by the person complaining of a sudden, sharp, darting needle-like pain in one side of the body, soon followed by difficulty of breathing; also, as the disease progresses, soon followed by an indisposition or incapability to lie upon the side where the pain is. In some cases the side of the body becomes enlarged; for pleurisy oftener affects one lung, than both lungs at the same time. It is a dangerous disease, having three stages or conditions of it; one of which is the termination of it without effusion of water into the lung; another by effusion, and another by suppuration or formation of abscess.

Under the Psycho-hygienic treatment, when the disease is taken in its incipient stages, it can be terminated by resolution this side of the secretion of water, or the formation of pus upon the lung. If I had no other evidence of the superiority of the Psycho-hygienic treatment over that of the hygienic treatment, than such as is furnished in the results flowing therefrom in

cases of inflammation of the pleura, this would thoroughly satisfy me.

Out of over one hundred and fifty cases of pleuritis which I have had to treat in twenty years of practice, some of them of the severest kind, I have never had one which I took at the beginning, where I was not able to terminate the disease by resolution ; nor have I had a case, except in cases of the most depraved drug-medication or alcoholic depravation, where I have not been able to cure the patient.

For the disease in its early stages, and in its acute form, my treatment has been the application of hot cloths to the part affected. In the early period of hydropathic treatment in this country, the plan was to apply *cold* water to the parts affected. But I have not done so, except as alternating with the application of hot water. For all diseases of membranes, I prefer the use of hot and cold rather than of either exclusively. I think that where diseases arise from congestion, warm and cold cloths are better than either alone. The same is true of diseases arising from inflammation.

When a person, therefore, is attacked with pleurisy, the first thing is to get him into a semi-reclining posture, where he will be entirely easy, and then lay over the part woollen cloths, wrung out of water as hot as he can bear them. Apply these from half an hour to three hours, as the case may demand, changing them as often as their temperature shall become sensibly lower than when they were first put on. If they become uncomfortable to him, after a while alternate

them with cold cloths, which will relieve him from any unpleasant nervous sensibility, and so enable him to endure the application longer. When relief comes, though it be only temporary, give him a thorough ablution, washing the whole body off, and wiping it dry, and rubbing it vigorously. Be sure to keep the feet warm. Generally, to move the bowels is one of the primary means employed to check the disease. Be sure to have the room well-aired, and to keep the patient quiet by the exclusion of company, and by keeping the house still. Having done this in the first instance, pursue the same course as the circumstances may indicate, and not one person in a thousand, unless he be addicted to the use of spirituous liquors, or has so exhausted his general force that he has nothing to live upon, or has been accustomed for long periods to the use of poisonous drugs, will die. It is a disease which scarcely ever, under such management as this, need pass to its second stage, and its first stage, being curable, is never dangerous.

Of course, what the patient shall eat or drink is of great consequence in the procurement of his recovery. While the disease is active, therefore, no solid food should be given. All persons suffering from inflammations of any kind, do better on fluid than on solid foods, and on farinaceous than on flesh-fluid foods. Feed, therefore, in this case, arrowroot, or sago, or tapioca, or wheat-flour gruels. Indian meal gruel is not as good as either of these, and should not be used when any of these can be had.

SPITTING OF BLOOD, OR HEMORRHAGE FROM THE LUNGS.—Persons of scrofulous habit, and of sanguine nervous temperament, are constitutionally liable, under circumstances favorable to disease of the lungs, to spit blood. An experienced physician can pick out of a congregation of persons those who are subject to this form of disease. A proper knowledge of the liabilities of their children in this respect is of great importance to parents; for it would enable them so to train their children, physically, as to lessen their liabilities in this direction very much.

Generally, when a person spits blood, it is attended with coughing, and with other symptoms more or less severe.

There are three varieties of the disease; first, that which arises from effusion of blood into the air-cells second, that which is caused by the rupture of a blood-vessel; third, that which arises from what is termed congestion of the lungs. I think these distinctions which doctors make, like many other of their distinctions, are finical, because they have nothing particular to do with the treatment of the patient subsequent to the hemorrhage. Whether blood flows through the coats of the blood-vessels into the air-cells, and is coughed up, or whether the blood-vessel bursts and the blood runs through into the air-cells, and is coughed up, is of no substantial consequence, except as it may determine the severity of the case. A person bleeding from a burst blood-vessel is in more dangerous conditions than though the blood were simply effused,

and he coughed it up. Aside from this, it matters not how it transpires. The causes which produce it in any case are one of three; either by strain, or from nervous debility, or from the erosion of the blood-vessel under the softening of tubercles in the lungs.

Where accidents do not happen and blood-vessels break; where, also, effusion does not take place because of a weakened condition of the coats of the blood-vessels, thus permitting the blood to pass through these vessels into the air-cells, hemorrhage will be found to confine itself to that class of persons from which come our pulmonary consumptives. Probably the larger number of persons who die of consumption of lungs, at some period of their lives have hemorrhage of the lungs. This usually arises because of the tuberculous changes which the lungs undergo. I think I am not incorrect in this statement, for I have inquired of thousands of consumptives, and whether the hemorrhage has been slight or severe, the most of them have had lung-bleeding.

Where a blood-vessel has not been burst, it is not in itself alarming; for if the patient be taken in hand and radical measures employed on the first manifestation, the conditions of the system under which hemorrhage was caused can be so changed as to render a subsequent attack quite out of question. Where the person is debilitated, what he needs is tenacity given to the part. This can be done by Psycho-hygienic treatment with the most thorough certainty. There is no trouble about it whatever. My practice in this

respect has been so large as to justify me in this assertion.

Where the disease is caused by tuberculous gathering in the lungs, the case is more difficult to treat, but still curable. The measures to be employed, however, are constitutional, demanding change both in the action of the assimilative and of the eliminative organs. Tubercles in the lungs can be resolved and carried out so as to leave the lungs entirely free.

Where tubercles in the lungs exist in large quantities, it is not infrequent that, from causes inexplicable, small numbers of them become inflamed and soften, and, in the process, small blood-vessels are involved, their coats getting destroyed, and slight hemorrhage taking place—the inflammation existing being confined to a very small number of the tubercles, and, of course, to a very small space of the lungs; so that where hemorrhage arises from softening of tubercles, only few in number, it does not follow that subsequent hemorrhage will be had. Prompt treatment immediately succeeding hemorrhage checks the tendency to further inflammation of tubercles, and may result in the absorption and elimination of the remaining tubercles in the lungs so as to make the person's health a great deal better, and his chance for life a great deal better than it ever had previously been.

I speak from actual knowledge in this respect, for, in the treatment of thousands of persons, their conditions have been so changed as to have them have good health, where before they had always had poor health,

which result was produced simply by causing the formation of tubercles to cease, and the removal of what tubercles they already had in bowels and lungs.

No treatment, therefore, of which I have any knowledge is so substantially effective for spitting of blood as the Psycho-hygienic treatment. It reaches the worst cases more effectually by far than the drug-medicating treatment does. It is far better than simple hygienic treatment; decidedly better than mere hydropathic treatment; for it includes these in itself, and makes use of them each in its proper place, while, at the same time, it goes further than either of them, being more comprehensive, and, therefore, more thoroughly curative.

When a person bleeds at the lungs, the first thing to be done is to relieve him from fear. The impression is universal that bleeding from the lungs is, in itself, dangerous. It is not true. A great many persons bleed from the lungs and afterwards become just as healthy as though they had bled from the nose only. A great many persons live from early adult to old age, and bleed from the lungs with great regularity. I have known a woman live to be sixty and bleed as regularly once a year from thirteen until she was forty-five years of age as the year came around; and during the intervals of her hemorrhage she was as vigorous and healthy as any woman in her neighborhood. I have known a physician to have a large practice, which he followed with success for many years, during the whole of which period he bled regularly once in three months. At first it greatly debilitated him, but this

was by reason of fear. When he came to find that he recovered from it; in fact, that it was rather a vicarious effort, and decidedly reactive, relieving him from other difficulties which were sources of a good deal of suffering and annoyance to him, he ceased to pay any attention to it either prospectively or reflectively, only being careful to suspend labor during the week in which he suffered from it.

Whoever, therefore, has hemorrhage of the lungs should be made to assume, if possible, a calm mental state. All excitement under such circumstances is wrong. Let the patient be perfectly calm, if possible to make him so; then put him into a semi-recumbent posture. Take off all his clothes and put him to bed, wrapping up his feet in warm wet cloths, or putting them into a foot-bath; put also his hands in warm water and lay cool cloths on his head, and warm cloths on his chest.

At first warm cloths are better than cold ones. The idea of putting on cold cloths is to coagulate the blood, as you would apply severe cold to an incised wound to make the blood form a clot, and thus stop it. But what is needed is better circulation in the lungs when hemorrhage exists, and warm cloths induce that more directly than cold. Cold cloths should only be employed after the bleeding has ceased, because, unlike an incised wound, hemorrhage is produced by congestion, and congestion is slow circulation. Increase the circulation, and you make it pass through the blood-vessels, from which effusion takes place.

Having done this, keep the patient quiet, and wait for twenty-four hours to pass. If within that period, or within twelve hours after, he does not bleed again, there is no danger of a near return of the hemorrhage, provided prompt measures to keep it off are put in force. These should be the inducement of mental calmness, good circulation to the lower extremities, warmth of the external surface of the body, natural yet perfectly easy action of the bowels, frequent relieving of the bladder so as to have no irritation produced in that organ, a good ventilated room with plenty of light in it, and a set of attendants who will take care of the person, and have no others see him except his physician, unless it be some member of the family whom he may desire to see. It is not well to have the patient talk much until after the period of reaction is passed. Then, in low voice and in measured tone, and in moderate degree, the organs of speech may be used without danger.

When the patient has recovered so as to be about, a course of tonic or constitutional treatment should be begun, and should be pursued until, if the person is not scrofulous, his vigor of body reaches its maximum; or if scrofulous, complete and thorough change in his system is produced. I have had several cases where, under Psycho-hygienic treatment, the scrofulous conditions have been so completely overcome, and healthy conditions of body made to ensue, as to alter the external appearance of the patient surprisingly. They came to appear so different in form and feature and action

as to challenge the astonishment of those who had known them for years. In this direction lies the great superiority of the Psycho-hygienic plan of treating disease. Under it diseased persons can be reconstituted, and made to have better conditions of structure of body, as well as better functional conditions of it.

ASTHMA.—This disease is fairly described when it is said to be difficulty of breathing. Doctors have classified it into a half-dozen or more forms; but such division is of no practical consequence, and therefore is not made here. Generally speaking, the disease is chronic in its nature, and of secondary origin; that is, it depends for its existence upon some other organ than that of the lungs being first diseased. I doubt whether asthma is ever idiopathic. Either the liver, stomach, genitals, or blood must be first deranged before the lungs take on such a condition as to be fairly described as asthmatic.

In the cases with which I have had to deal, one or the other of three organs besides the lungs has been primarily involved in its production; the stomach, the genitals, or the skin. In most instances, more than one of the three, and often all of the three, have I been able to trace as having themselves been deranged before the patient showed asthma. Asthmatic persons usually are scrofulous, and have diseased conditions of the blood and nervous system. Usually they are neglectful of correct habits of living. They eat bad food,

drink unhealthy drinks, indulge altogether too much sexually, and are uncleanly in the skin. Correct these conditions thoroughly, and the disease is at least mitigated. So correct them that constitutional changes in the subject take place, and the disease is cured.

Some of the worst cases of asthma which I have had to treat have been caused by cutaneous absorption into the blood of poisons. Persons have had the itch, or tetter, or some form of skin disease, and have tried to cure it by anointing, and have succeeded in making the skin smooth; but by the time they succeeded, asthma appeared, from which they never got complete relief until reactionary conditions of the circulation were once more established, and the eruption again appeared on the external surface of the body.

For the cure of asthma, no matter what form it may take, food of a nutritive but unexcitable nature is necessary. Grains and fruits make the best foods. In a few instances I have found that asthma was greatly mitigated by living upon fruit alone, especially if it is subacid. In some instances, great relief has been secured by eating food prepared from wheat or oatmeal. But the surer and better way of treating the disease is to eat food, at long intervals, made of grains and fruits, and quite moderately in quantity on the whole, taking daily ablutions, creating good skin reaction, and avoiding all excess of nervous excitement. To do this, one needs pleasant life in the open air, with rest and sleep and freedom from mental anxiety.

I have never yet failed, but in two instances, to cure

asthmatic patients, though some persons who have been under my care have arrived at advanced age. In some cases the asthma had been constant from childhood up, and at times very distressing.

I may mention three cases. One, that of a lady who had had it for fifteen years, having brought it on by suppressing a skin eruption. She had suffered intensely. She came to us and was placed under treatment, and at the expiration of six months an eruption over the whole surface of her body broke out anew. We cured it by purifying the blood, and so exhausting its source; and though twelve years have since transpired she is now alive and in good health, never having had a recurrence of the disease.

Another case was that of a man who had had it for nearly twenty years, it having come upon him in his early childhood. His case was very severe. He had sat up six or seven days and nights with it, without being able to lie down. He is now well, and has had no relapse of the disease in two years.

The other is also the case of a young man, who had suffered all his life long with it; was under our treatment for fifteen months, but had no attack in the last six months, and bids fair to be free from it in time to come.

I might mention a great number of examples, but these are exemplary cases; they illustrate in marked degree the virulence of the disease, and the entire recovery from it which persons can be made to undergo *under Psycho-hygienic treatment.*

In the main, then, what is needed is proper change in the organization of the blood, in its distribution, both in secretion and excretion, and in maintenance of proper tone of nervous system. This done, the disease has to give way to the improvement of the system at large. I cannot give the exact method of treatment, because each case has to be decided on its own merits, and any one of my readers can get at my practice by apprehending my main thought with respect to the nature of the disease and the general plan of treatment.

CHAPTER XXXIII.

THE HEART AND ITS DISEASES.

No organ is of more consequence to the general vital operations of the human body than the heart. When it cannot act, death immediately ensues. Fortunately, however, it is so organized as not readily to become diseased, the Creator of the body having taken care that each organ should be protected in its official functions in proportion to its importance to the body at large.

A great many persons first and last have come to me for professional advice who had been reported to have heart disease, but who, upon a thorough examination, proved not to have it.

I recollect one case so peculiar as to be marked in this respect. A grand-daughter of a very celebrated Quaker in the State of New York was supposed by the family physician to have disease of the heart. She was taken to Philadelphia and examined by a celebrated medical professor. He himself also stated that she had disease of the heart and proceeded to treat her according to his science. She was under his care for a year, during which time he made no curative impression. Then her friends suggested that I should be con-

sulted, and she came to me. I was satisfied, upon looking at her, that her physician had made a mistake. The professor had forbidden her to go up and down stairs, to walk rapidly, or to take, in any form, violent exercise. She was not permitted to put her hands above her head, nor even upon her head to comb her hair, nor even was she to stoop down to tie her shoes. Life to her, in its physical activities, had become narrowed down to such a degree that she might about as well have been dead as alive.

She stayed with me under our treatment for some months, during which time I gradually dispossessed her mind of previous impressions, and thus gave her larger liberty of action, until she came to be able to walk, run, row, and do anything she chose to do, the whole disease having been nothing but nervous, instead of structural, derangement of the organ. Mainly her difficulty was cerebral. She had been a close student. She got well, and, as I have incidentally learned, has married and borne children.

A good many similar cases have fallen under my professional care. I do not mean to be understood as saying that there can be no disease of the heart, for there can; but it is uncommon. I think that not more than one person in ten pronounced by physicians to have heart disease ever has it.

Of those organs which affect the heart's action more than others, the stomach and the genitals are the more prominent. Dyspepsia, especially nervous dyspepsia, seminal emissions in males, and whites in females, are

provoking derangement to the heart's abnormal action. Keep up a good tone of the digestive and blood-making organs; keep the general nervous system from becoming debilitated under severe sexual indulgence; and keep the skin clean, and heart disease will seldom if ever exist.

This, then, is the idea or plan of management to prevent it, and the same may be regarded as the proper curative. Keep the skin clean and in good circulation, the bowels open, the nutritive system in good action, and the genitals in vigor, and any derangement of action of the heart which so often leads physicians to suppose that the structure of the heart has been altered, will give way. In truth, where the structure has been altered as in the following cases; where the walls of the heart itself are thickened, where the valves have become also thickened, where there is a thickening up of the outer encasement of the heart—not infrequently will curative reaction take place when the causes which have produced such alteration cease, and so the diseased portions become healthy again. In several instances where disease of the structure did exist, Psycho-hygienic treatment continued for a year or two has resulted in the thorough and complete restoration to normal conditions of the structures involved.

Persons having heart disease or heart derangements should not take poisonous medicines, nor should they live upon exciting food, but upon nutrient foods, and these largely farinaceous. Vegetables for persons having the heart disease are not good especially if these

grow beneath the surface of the ground. I would advise, whatever may be the form of heart disease that any person may have, he should never eat vegetables. Fruits are vastly better if he can get them. And if he cannot get fruits and wants vegetables, then let him eat those which grow and ripen above the earth's surface.

In derangements of the heart, bathing can be made to play a very important curative part; but baths when administered under such circumstances, should be given at a time when the body is in its best vigor, and never given, if it is possible to avoid it, so as to produce a sensible shock. The blood should not be suddenly driven into the heart and through it in increased volume.

In the early stages of medical practice, and for that matter until the present century, physicians of all schools have regarded the cure of disease of the heart as quite improbable; but latterly more favorable ideas are held on the subject, and with these a much better style of practice, doctors of medicine seldom, if ever, giving much, but rather recommending hygienic applications.

CHAPTER XXXIV.

DYSPEPSIA.

No one of the vital organs in the human body holds a more important office than the stomach. It is the pendulum to the whole system. Under its action, processes are carried on most wonderful in their nature. Substances which are entirely inert, having in them no visible living sustaining elements, become transformed through its action upon them; and, in connection with the action of other vital organs, become charged with life. How it is that a substance like wheat, or potatoes, or the flesh-meat of animals, or fruits of any kind, can be transformed into blood, this being so constituted as to have in it the materials out of which bone and muscle, membrane and sinew can be formed, is a phenomenon always interesting, and profoundly astonishing when one comes to reflect upon it.

Of all the vital organs, no one, under the habits of the American people, is so abused and outraged as the stomach. It is charged with comparatively little sensibility, and, therefore, bears the burdens which are put upon it uncomplainingly. In some instances, years of ill-treatment of it have to elapse before diseased conditions are so manifested as to leave no doubt of the abuse it has suffered.

Of the more common and ordinary forms of the diseases which the stomach suffers, dyspepsia stands prominent. This may be classified into two kinds; one mucous, and the other nervous dyspepsia. Some writers make a third, and call it muco-nervous dyspepsia, it being a compound of the other two; but in this, as in many other instances, the classifications of disease by medical men in former days, as at present, prove to be quite fanciful. The distinction between mucous and nervous dyspepsia may be considered as clear; but minor divisions are of little or no account.

The signs or symptoms of mucous dyspepsia are to be found, first, in the build of the individual, whose temperament is either of the nervous-bilious or else of the bilious-lymphatic, and is typified by a stout, rather burly, square-built organization, with plenty of blood and consequent fulness of habit. Mucous dyspepsia, whether found in man or woman, will be represented by persons who work, whose order of organization compels them rather to labor with their hands than with their brains. The disease locates itself upon the mucous membrane of the stomach, and reflects itself upward or downward by means of that structure. Nasal catarrh is mucous dyspepsia in the nose; inflammation of the mucous membrane of the eye is mucous dyspepsia in that organ; deafness, arising from inflammation of the eustachian tube, is mucous dyspepsia in the ear; bronchitis is mucous dyspepsia in the throat; blind piles is mucous dyspepsia in the lower bowels. The signs of it are generally to be found, as I have

already said, in the quality of the making-up or the temperament of the person suffering. It is a disease easily managed in its earlier stages, and curable in almost any of its stages by reference to correct living, involving, of course, diet, rest, exercise, sleep, employment, and sexual continence. To take care of one's self, therefore, is not to have it; to take care of one's self after having it is to get rid of it; and to know how to take care of one's self one only needs to understand the principles and philosophy of Psycho-hygiene.

To eat twice a day of simple food; to wash the body off, at least, three times a week, and in water at a temperature that may be called tonic; to keep the bowels open either by the eating of aperient food or by enemas and sitz-baths and abdominal bandages conjoined; to secure to one's self labor which shall not be exhausting, but only either pleasantly invigorating or moderately fatiguing; to avoid the excitement of any of the intenser passions; to secure plenty of good air to breathe, and plenty of sunlight—these constitute not only the *materia medica* but the *therapeutics* whereby mucous dyspepsia can be cured. In many instances, however, this compound of curative agents can be only *hygienically* applied at home, and therefore if the patient be one who needs to have *Psycho-hygienic* treatment applied, he must go to an Institution where Psycho-hygiene prevails. For it is as necessary to know how to live according to the laws of life in order sometimes to recover from disease, as it is to live according to the laws of health; the mind or

soul of the person needing attention and care and proper therapeutics as much as the body itself.

Nervous dyspepsia is of much more significance, because it never exists in a well-developed form without passive inflammation of the solar plexus of nerves. Physiologists in studying the human body with a view to elaborate the science of human life have, in my view of their efforts, altogether failed to give sufficient importance to the influence of this net-work of nerves. While I think it has been determined that the brain is the seat of mind, I am not sure that the solar plexus is not the seat of the soul. I make a distinction in my view between the mind and soul. I do not think that mind and soul are synonymous in any philosophical statement to be made of them. They constitute different representations of that responsible consciousness, the sum total of which we call man; and as the cerebro-nervous system represents the mind, so the organic-nervous system, or the ganglionic-nervous system, with the solar plexus at its head, may represent what we call soul.

Any disease of this organization produces abnormal effects upon the body, or certain portions of it, and causes certain abnormal moral manifestations. While derangements of other organs in the body which affect the brain produce certain mental abnormalisms, diseases of certain other parts of the body, which involve derangement of the organic-nervous system, produce certain moral abnormalisms. If, therefore, we are to reason from phenomena to structure, from facts to

principles, from effects to causes, we shall see that whoever has a derangement of the nutrient system, involving the solar plexus of nerves and of the ganglionic-nervous system at large, will show types of disease far different in their manifestations, and in their effects on his personal action, than those which will be seen where the cerebro-nervous system alone is affected.

Now, nervous dyspepsia is a disease resulting from abnormal vital action of the solar plexus. Its different stages are made to appear by the different degrees of involvement of this net-work of nerves. Where congestion of it only exists, a nervous dyspeptic puts on one order of manifestation; where irritation exists, he puts on another phase; where passive inflammation exists, he puts on quite another. This net-work of nerves has its conditions determined mainly by the conditions of the stomach. Whatever other organs are diseased, if the stomach remains apparently healthful, the solar plexus does not become materially affected; but when the stomach gets to be diseased, this structure becomes also more or less deranged, and, as a consequence, in the long run, transmits its own derangements to the cerebro-nervous system. So that it is not uncommon to see a person suffering from nervous dyspepsia rendering it almost impossible for him to digest food without great corporeal suffering, and also without great disturbance of the moral faculties, so that the cerebro-nervous system, sympathizing with the organic nerves, becomes also deranged. So the person comes to suffer diseases of body which result from the de-

rangement of the brain, and also from derangements of those mental faculties which, for their action, are dependent upon the action of the brain.

To find the most unhappy man, not only in the physical but in the mental and moral suffering which he endures, one needs to find a dyspeptic whose organic nerves are passively inflamed, and whose brain is severely congested in consequence thereof; for when nervous dyspepsia comes to be fairly established in any given case, so as to be well defined and easily discerned, congestion of the brain is as sure a concomitant as is passive inflammation of the organic nerves. Nervous dyspeptics are persons who, whatever other forms of disease they may have, are sure to have congestion of brain. They never can be cured by any system of treatment that does not involve with this irritation removal of the congested conditions of the brain.

To treat nervous dyspepsia, therefore, with any skill, one must have control and supervision of the life and action of the patient. It is of no more use to undertake to cure such disease in the way in which doctors usually attempt it than it is to attempt any other impossibility. Nervous dyspeptics, in a very important meaning of the term, are deranged persons; they have lost mental and moral balance. They are persons, therefore, who are fit subjects of supervisory remedial measures, such as shall not originate merely in the mind, and under the advice of the physician, without any administrative action on his part in their use; but they need treatment which necessarily imposes upon

him not only proper exhibitions of proper remedies, but proper administration of them. They should submit to the dictation of whomsoever as a physician they shall employ. They should be under his watch care. What they shall eat and drink, how they shall dress, how sleep, how exercise, what associations they shall have, what active exercise of mind, what suspension of the action of the mental forces, what moral and spiritual forces they shall be under, are all matters for him to determine. A nervous dyspeptic is essentially an incompetent man. He may take panaceas and potions, boluses and tinctures, pills and pellets; he may take patent medicines that are represented as panaceas, they will amount to nothing, no matter by whom administered, unless the man is socially and spiritually subjected to some person other than himself who is, for the time being, to say what he shall do and how he shall act. To have his own way is never to get well, no matter what the remedial means used, be these drug-medicines or hygienic agents. In not one instance in ten thousand will a nervous dyspeptic recover from his own application of these, no matter who advises it. He must be practically subject to some other management than his own. For he is mentally and morally a diseased man, and cannot be a nervous dyspeptic, in the true sense of that term, unless he is mentally and morally diseased.

Of all the diseases which I have ever had to treat, nervous dyspepsia is the most vexatious, and, while fairly curable, the most difficult to cure. Were I to

illustrate the various peculiarities and diseased phases of mind and spirit, united with diseased bodily action, which patients who have been under my care and have got well have shown while under treatment, it would make a book, I think, of so much interest in the direction of eccentric or aberrative mental and moral manifestations as to create surprise with thinking persons.

Until one has to do with this disease as extensively as I have had to do with it, he can have no conception of the various half-crazed mental moods which its victims exhibit. More unreasoning and unreasonable creatures I have never seen. Not by any means, in the popular judgment, to be regarded as fit subjects for lunatic asylums, they are as unfit for ordinary association with their fellows, and for the right performance of the ordinary duties of life, as though they were stark, staring mad. I know how to pity them, to sympathize with them, to labor for them, and to cure them; for I myself have been one of the fraternity.

Men in health, or men who suffer merely from the diseases which are common to our people, are oftentimes at a loss to account for the peculiar moral eccentricities which certain persons show. A man or woman in any given community all at once becomes the observed of all observers by some strange and apparently uncalled-for course of conduct. In business, he will do some strange thing in running counter to the generally-received proprieties or discretions that pertain to the sphere of human action. His neighbors cast around

to find, if possible, the motives that prompted him to do it, and are as much at a loss at the conclusion of their effort as they were at the beginning.

With no class of persons do you see this kind of eccentric moral action more common than with those who make politics their study and their business. Two-thirds of all the apostasies from truth and right which we see amongst our public men are to be attributed to bodily conditions, clearly indicating the existence of nervous dyspepsia.

In large measure the unhappiness which is to be seen in social life is to be attributed to this disease. As I have said in another chapter, drunkenness is only one form of this disease. I think no human being ever committed suicide whose solar plexus of nerves was not inflamed. This may be a startling statement, but I believe it is nevertheless true. You can twist a man all up with rheumatism so that he cannot sit straight; you may make him suffer in any form you please, if you do not involve his organic-nervous centers, and you cannot make him kill himself. But when these become inflamed, no matter what the form of the disease be of which he complains, it may be one thing or another, he then will be seized with strong tendencies to do away with himself. And under certain stages of it, or when he is under certain conditions through it, if he is not looked after and cared for—especially if he be a man of nervous, sanguine temperament—he will be likely to put an end to his life. If he does not, it *will not* be because he is not tempted to do it. For if

one man or woman who has been a nervous dyspeptic and consulted me with reference to his curability has told me that he or she had been tempted a great many times to take his life, I believe five thousand have done it.

Nervous dyspepsia will be found almost exclusively to affect men and women of the sanguine-nervous or the nervous-sanguine temperaments. The man of nervous-bilious, or pure bilious or bilious-lymphatic temperament seldom, if ever, has it. There must be some strong and powerful cause for a long while actively operative upon his body to involve the solar plexus so that it shall become inflamed, if he is of the temperament last described. But the American people present as a type, or breed, or build, the sanguine-nervous or nervous-sanguine temperament in excess. Ultimately, I should hope that this kind of temperament would not be the prevailing one with our people. Immigration will do much for us in this respect; for the class of persons who come here from Europe are not of the more mercurial temperaments. The Germans, Swiss, Swedes, Irish, Poles, Hollanders, do not classify in this direction. Nor do all the English, nor the Italians, nor the French; so that a large majority of our immigrant population furnishes a countervailing force in the direction needed. I think there can be no reasonable doubt that the American people in their temperament and order of physical structure, and the degree of vital stamina which they will show, will be greatly superior in half a century to what they are now. Causes are at work in this direction of very great present efficiency, and

which are likely to be lasting and permanent in their results. But at present the great majority of the American people are thinkers, having large brains, comparatively small nutritive organs, and so make too little blood whereby their bodies, under the uses to which they put them, can be kept in health. They, therefore, in early life show intellectual precocity, accompanied as this always is, by nervous excitability, to show in more advanced stages of life excessive nervous sensibility, to be followed by great nervous irritability, and thence onward such diseases of body as to render them practically incompetent to active effort, and such diseases of mind and moral sense as to make their conditions in life very unhappy. As a people, our invalids are the most complaining, petulant, fault-finding, whining, peevish set of sick folks the world has ever seen. In the nature of things they seem to be so. There is no cure for it but to live differently from what they do.

If one does not wish to be a nervous dyspeptic, and so have a strong desire to hang or drown himself, let him abandon, once and forever, the ordinary methods of life as it is worked up in the habits, ways, methods, and fashions of living common to the American people. Let him become a Psycho-hygienist, adopting a correct philosophy of life, and he will not only, if curable, recover from his diseases, but he will find that life can be made a source of great happiness to him.

No nervous dyspeptic should ever eat flesh-meats habitually; nor should he drink tea or coffee; nor should he *in any way* use tobacco or alcoholic liquors; nor should

ne in any direction take drug-medicines ; nor if he is not a nervous dyspeptic, but by his peculiarity of physical structure and of nervous organization is predisposed to be one, should he do this. He should live simply on farinaceous foods and fruits ; drink nothing as a beverage but water, and never forget to impose upon himself plenty of physical exercise, as distinguished from intellectual and spiritual activity. All persons who are so constituted as readily to become nervous dyspeptics, or who *are* such, unless these latter have gotten so far along down the slope to their graves as to be incompetent to physical labor, should have regular physical exercise ; and this, too, under circumstances calculated to make them cheerful and happy. The land is full of these wretched ones, searching in vain for curatives and finding them not. Like the man in the Bible, they wander up and down the earth seeking rest, and finding none. They answer more clearly to that class of persons described by our Saviour as being possessed of the Devil than any other class of diseased persons among us. And whether they are or are not actually possessed, one thing is true, they are so badly deranged in all the actions and functions of their bodies and of their souls, as to come within the statement that if they are to be cured, they must be placed where the laws of their nature can be brought to bear upon them with steady, unremitting persistency.

CHAPTER XXXV.

COLIC.

I HARDLY need to call the attention of my readers to any diseases of the stomach other than those which are included in one or the other of the forms of dyspepsia to which I have already alluded; because almost all the derangements of the stomach come from indigestion. While dyspepsia, whether mucous or nervous, may generally be said to be chronic in its nature, and so may not include some forms of derangement of the stomach which are acute in their manifestations, it nevertheless is true that, owing to the fact of long existing dyspepsia, acute derangements in the stomach often arise. Of these, what is termed wind-colic is worthy of notice.

This kind of colic is mainly dependent upon the presence of undigested food in the stomach at the time wherein the colic appears. It is to be attributed to the presence of food and the incapacity of the stomach properly to disintegrate and chymify it. Where food lies in the stomach for a length of time not acted upon *by it*, decomposition of some of its particles and also of

the mucus of the stomach takes place, and in this process of change gas is evolved, filling the stomach full and distending it, thereby causing pressure upon the nerves of the stomach, producing the pain which is termed colic.

The stomach, like the lungs or the bowels, can easily be made to assume particular abnormalisms under improper conditions of living, especially with respect to food and clothing. The stomach once or twice having failed to digest food taken into it, and colic resulting therefrom, becomes predisposed to the inertia which indigestion always indicates. One having had colic once, like one having had hemorrhage of the lungs once, is more likely to have it again than if he had not had it at all. Having had it twice or thrice or four times, he is more likely to have it the fifth time than if he had not had it so many times. What is curious enough in the matter is that having thus had it at a given time of day, say after breakfast or dinner, he is likely to have it again, if at all, at the same time of day.

One ought not to have colic more than two or three times before being able thoroughly to overcome it, and to stop the rising tendency to it. This can be done without great trouble by being careful in the food eaten, and also to keep the body warm by clothing, and clean by ablutions.

For the cure of wind-colic nothing is better than to drink plentifully of warm water, even, if need be, to a producing of a revulsion of the action of the stomach, and, by vomiting, to eject the food taken into it. But

if one does not need to produce such severe and ultimate reaction, then let him drink plentifully of hot water, which does not create the desire to vomit as simple blood-warm water will do; and, at the same time, assuming a recumbent posture, have woollen cloths wrung out of hot water applied as fomentations over the stomach. The heat of the water drunk and of the wet cloths applied quickens the circulation of the part, relieves it therefore from present congestion, causes the gas to be regurgitated from the stomach or to pass through into the lower bowels, and to be ejected from thence quite rapidly, and so the patient gets present and entire relief.

Where persons have been long habituated to frequent, sudden and violent attacks of wind-colic, causing a great deal of suffering, and, on the whole, becoming more and more difficult to cure, a very careful and rigid diet is necessary. In truth, in all affections of the stomach involving congestions which are painful, or inflammations, either light or severe in their nature, a very careful dietary regimen is necessary, both to present relief and actual and permanent cure.

Almost all diseases to which the human stomach is subject are relievable by being careful in the food eaten. And though certain kinds of food are healthier than other kinds, and therefore preferable, both as respects the prevention of disease and the cure of it when it exists, I am clearly of opinion that very many of the diseases of the stomach are to be attributed, not *so much* to the bad food eaten, as to bad combinations

of good food, and the eating of it at improper times. Where the person is subject to wind-colic, it will be found that he will be less liable to attack from eating at a given meal food which is homogeneous. With our people the habit exists of eating food which is heterogeneous; thus, for instance, vegetables and fruit at the same meal, or meat and a large variety of vegetables, or meat, vegetables and fruit at the same meal. Now, if persons whose stomachs are susceptible to sudden congestions or inflammations would select out of the various edibles common to our people one or two articles which should make a combination at a given meal, or for a number of meals, and touch nothing else than those, though they were to eat plentifully of them, and though these in their nature were not the best foods which they could get, they would be less likely to have colics and other diseases of the stomach, either acute or chronic, than though they ate larger varieties of articles of food, each, in itself, quite unobjectionable.

Not infrequently when colic exists will it be found that the bowels are quite inert, or the kidneys quite inactive, or the skin not doing its full amount of excretory labor. It is, therefore, always well as soon as a case of colic arises that inquiry should be made of the subject as to the conditions of action of these organs; and where there exists evidence that they are not acting with their usual vigor, applications to induce action should be unhesitatingly made. A good bath, warm rather than cold, of the entire body sometimes will produce almost instantaneous relief. I have known

some very bad colics cured very quickly by procuring a full movement of the bowels, and in a good many instances have I found colics of the stomach, of pretty severe character, relieved by increasing the action of the kidneys.

CHAPTER XXXVI.

CANCEROUS CONDITIONS OF THE STOMACH.

I HAVE never known a person to have incipient or developed cancer of the stomach who had not been a habitual drinker of ardent spirits, or who had not been an immoderate user of tobacco, or who had not so lived as to be in the quite frequent use of powerful drugs. Ardent spirits, tobacco and poisonous medicines are the great provocatives to cancer of the stomach. In fact, I think they are so to the exhibition of cancer wherever it may appear.

For cancer of the stomach there is no cure unless it be such as arises from the change made in the blood, through change made in the food eaten, and through general habits of living of the patient. My grandmother was cured by an uncle of mine of a cancer of long standing, and which would have killed her ultimately, by means no other than hygienic; and the chief of which was dietary. A skillful physician of the allopathic school, and of large practice, he readily saw that the disease was not curable by medicines nor yet by the knife. So, as a last resort, he subjected the patient to a rigid and careful diet; I think, as near as the facts can be got at under the tradition of the case,

to nothing but bread and water, on which she lived for a long time without any sensible effects for the better being produced; but continuing to live in the same manner, after a still longer period changes in the system were wrought of such an organic or constitutional character as to affect the cancerous growth, which all disappeared under these changes, and she lived to be a comparatively healthy woman for many years after the cure was effected.

I have no question but what many of the scirrhus or cancerous diseases with which persons are afflicted, and which generally, sooner or later, kill them, could be overcome by ordinary hygienic methods of living, to which should be added a diet to consist mainly of sub-acid fruits without much else, or if to it anything else should be added, it should be only food made out of unbolted wheat-flour and water.

In all diseases of the stomach, no matter what these may be, no worse element in the way of food can be readily introduced than that of yeast, whether it be taken in the form of bread or in any other form. To the stomach of a human being a substance like that of yeast is, in its nature, unhealthy. Raised bread, therefore, is one of the worst foods eaten by the American people. In many instances the fungi of the yeast are so infinitesimally small as to pass, by interstitial absorption, directly into the blood, and create, when there, inflammatory states of it, oftentimes producing fevers of the most violent and perhaps fatal nature. *Thousands of persons have been led to have dyspepsia*

which nothing would cure ; thousands of persons have had colics which they could only overcome for the time being, but which would reappear again in a little while with more than usual violence ; a great many persons have had cancerous growth in the stomach or scirrhus conditions of it, either induced, or aided to be induced, by the use of foods in which the yeast principle had been incorporated.

Not unlikely many persons in reading this statement will think me fanciful ; but I assure them that, under my experience, I am not likely to be fanciful. The causes of diseases—especially of those of abnormal growths like cancers or scirrhus tumors, or tumors of a purely fibrous nature—lie beyond superficial observation. To find out what these are, one has to investigate very closely. Having had, from the necessities of my position, carefully to look at the effects upon the blood, upon the stomach, and upon the muscular tissue of the human body of the substance called yeast, worked up as this is into our bread foods and used constantly, I am satisfied that it provokes, as well as predisposes to, a very large number of diseases, and to none not even in colic—more than in the production of cancers.

In the treatment of the incurable cancer, the hygienic appliances may be regarded as great palliatives, even keeping down the physical suffering of the patient to a degree measurably to be borne. If cancer of the stomach exists, the application of warm cloths over its surface will oftentimes produce almost instantaneous relief,

for the time being, to the spasm of suffering. For, strange as it is, it nevertheless is true that a person having cancer in the stomach has periods wherein pain is much greater than at other times. This arises from the sudden congestion of the blood-vessels of the stomach whereby pain is produced.

CHAPTER XXXVII.

DISEASES OF THE SPLEEN.

THE spleen is an organ situated below the stomach, on the left-hand side of the body nearly opposite to the liver. What its use is physiologists have not as yet determined; for some hold to one view, and others hold to another with respect to it. One school thinks it to be a reservoir for superabundant blood; another, for superabundant nervous force; and still another, as an organ where nervous force is generated. Respectively they bring facts as proofs in favor of their views.

I am more interested just now in the statement of the derangements which the organ can and does take on, and of the effects of its diseases upon other organs in the body, and upon the body at large.

It is said by medical writers who have gathered up statistics on the subject, that men, owing to their more uniform exposure to morbid influences, and to their worse habits, are more likely to have diseases which depend upon derangements of the spleen than women are.

The more common causes of disease of the spleen, so a distinguished writer says, are long marches in malarial countries, long-continued running, extreme fatigue, falls, injuries or blows on the left hypochondrium, drinking cold fluids when the body is over-

heated and perspiring, unwholesome beverages and irregularities in diet.

How this may be with reference to those persons who live in tropical climates, I cannot, from personal observation, declare. This, however, from many cases that have fallen under my own notice, I can affirm with reference to persons living within the northern and middle States of our Republic, that women suffer much more from splenic diseases than men do. I attribute the fact largely to their faulty style of dress, and other correlative faulty habits, such as living largely in the house, eating at all hours, and of stimulating rather than nutritious food, and, when within the conjugal relations, to decided sexual incontinence. So common are diseases of the spleen amongst our women, as to be observable and understandable by everybody; for, whenever a woman is sick from any derangement which is not readily obvious, those who know her are more likely than not to use a common phrase, and say that she is "spleeny." Many of the hysterical morbid manifestations which women show, I think are clearly attributable to derangements of the spleen. Wherever you see periodical anxiety of mind manifested under paroxysmal debility of body, you may be sure that the spleen is deranged.

A common form of disease of the spleen is engorgement of its blood-vessels, which produces the more common hysterical manifestations. Acute congestion of spleen is one of the forms of disease that is common to the women of our country.

A celebrated medical writer attributes splenic diseases to what he is pleased to call the existence of "a high dew-point," by which he means a high climatic temperature. Thus, he declares that, other things being equal, a person living in a tropical clime is more likely to have splenic diseases than if he lived in a temperate clime.

One of the forms of disease of the spleen is described as a painful sensation in it, a dull, heavy aching, often as suddenly occurring without any accompanying symptoms of fevered action as it is by riding on horseback or by running rapidly.

When this occurs in a man, it is not difficult to relieve or cure; but when it occurs in a woman, it is oftentimes obstinate, being connected with some derangement of the uterine system, and is, therefore, a secondary affair; and being dependent upon uterine congestions, or chronic passive uterine inflammation, it can only be cured by overcoming its cause, though it can be relieved readily by applying hot fomentation cloths over the part.

When it results from running or from riding on horseback it will pass away by rest. Sometimes it is neuralgic, and then it is only manageable by such changes in the habits of general life of the person suffering from it as to produce a thorough alteration of the circulation.

Where it is only a simple congestion, it often arises from its connection with other derangements. I have seen a great many cases where its existence was to be

attributed to agues. I notice that a voluminous writer on the diseases of the spleen says, that congestions of the spleen are most commonly met in connection with agues, with obstructions to the portal circulation, and with other diseases incidental to warm and malarious climates. Where inflammation of the organ exists, the symptoms are generally found to be a pain, or heavy oppression in the left side, connected with a fever, which is either continuous or intermittent. I think that the provoking causes to inflammation of the spleen may all be absorbed into two main influences; one, that of a hot, sultry and yet suddenly changeable climate, forcing the capillary circulation to extreme changes; the other, the use of bad food and drink. While these two influences exist as causes, it is very difficult to have persons living under them remain free from derangements of this structure. Where these two influences do not exist, I think that only care is needed to keep the spleen in health.

For all its morbidities, therefore, I should advise prophylactic as well as therapeutic measures, the keeping of the skin clean, regularity of the bowels, simplicity of food, and as little exposure as may be to the influences of the atmosphere at those periods of each day when it is at its lowest temperature. I think where extremes of temperature in any climate are common within a period of twenty-four hours, the persons living there should overcome these by artificial means as much as possible.* Hence, where the mornings are cool, and the air is damp from dew and from vapor,

persons should live within the house until the sun is risen, and the vapor is in a measure dispelled. And at night when the dew begins to fall, as we say, and the air becomes cool and misty, they should go in-doors, and have the rooms which they inhabit warmed by fires.

The most common form of disease of the spleen which I have had to treat, has been chronic congestion or passive inflammation of it. For this I have found that antiphlogistic or nitrogenous food is one of the best aids to cure I could employ. Baths given in the form of packs, dripping-sheets, sitz-baths, abdominal bandages, fomentations, enemas, with plenty of good soft water to drink, have been the hydropathic means employed. Right social relations and freedom from business have been the mental and the moral means employed.

A great many persons have come to me whose spleens were much enlarged. For these, long-continued treatment has been necessary, and in most cases, if I have been able to keep them as long as I desired, they have gone away cured.

It may not be uninteresting nor unprofitable for me to say that, as between the eastern and western portions of our republic, a much larger proportion of the inhabitants of the West than of the East have diseases of the spleen. In looking for the causes of this preponderance, I have not been able to attribute them to climatic influences. I am disposed to attribute the difference to the more frequent use of powerful drug-medicines. Neither here, nor in the South, nor in t

Canadian provinces, nor yet in the West India Islands, have I found so much medicine of a destructive kind given to sick persons as I have found to be given in our western or northwestern States. I doubt whether there is an equal population on the globe, amongst civilized or savage nations, where the inhabitants drug and dose for morbid conditions of the human body as much as in our western States. How to account for it I do not know, except on the hypothesis that persons living in comparatively new countries lack, or think they lack, many of the means for preserving health, and, therefore, are more predisposed to diseases than they otherwise would be, and so feel at liberty to use poisonous medicaments as well to prevent as to cure disease. I cannot say how many, but a very great number of the persons who have consulted me with reference to the probabilities of their being cured of diseases which made their lives very wretched and miserable, have confessed to me that they had long been in the habit of taking medicines to keep off ague, to keep off unusual nervousness, to make them sleep well, so that they would not be sick, to give themselves appetites as well as to tone up and give vigor and strength to their bodies. Thus calomel and quinine, opium and alcohol, are in constant use with large numbers of the population of the western States, not for the purpose of curing disease, but for the purpose of preventing it. How intelligent persons can so far forego the use of their reason as to fall into such a terrible way, surprises me. A great reform in this

respect, however, has been inaugurated, and nowhere will it make its way more rapidly nor more thoroughly, than with the people of the northwestern portion of our republic. For once set at thought in the right direction, they will keep thinking until the whole problem of how to keep well by obedience to the laws of life and health will be solved by them, and then good-bye to sickness, to drugs and doctors.

CHAPTER XXXVIII.

DISEASES OF THE LIVER.

THE liver is an organ situated on the right side of the body below the lungs and stomach. Its importance in the animal economy ranks differently in the estimation of men of different medical schools; and its diseases, therefore, are regarded accordingly. Some look upon them as of primary, others as only of secondary importance. A certain class of physiologists, and of physicians who accept the conclusions of the physiologists, hold that the liver in the performance of its full functions not only exercises an excrementitious or depurating influence, but directly and positively aids in assimilation. Others, and I think the majority of medical men of all schools, have come to the conclusion that its main, if not its exclusive, office is depuratory, being that of taking out of the blood carbonaceous and hydrogenic matters, thus co-operating with the lungs in this direction. I am disposed to this view myself. For under the closest analysis of the bile it does not appear to possess any constituents which in any way can serve a nutrient purpose. Under no circumstances does it appear that it is re-organized into blood, nor that it forms by itself a constituent of the blood. As such, bile is never found in the blood of a healthy person;

only the elements out of which bile is made are found in healthy blood. If under the application of chemical tests, bile as such is found in blood, such blood must be of a person decidedly and obviously out of health. Perhaps the reason for his being so is as much because of the presence of bile in his blood as from any other cause whatever.

Diseases or derangements of the liver are very common and very numerous with our people. Yet notwithstanding their number and the extent of their classification by doctors, they are all, when curable at all, readily subject to Psycho-hygienic treatment in its simpler applications. I have had cause a great many times to be surprised at seeing how diseases of the liver would give way to the use of very simple Psycho-hygienic treatment remedially applied, when to cure them physicians, very learned and of high repute, had failed under the use of their most imposing drug-medicaments.

In some or other of the morbid manifestations which the liver can assume, or of diseases of other organs which can only exist by reason of the sympathetic relations which such organs hold to the liver when it is diseased, I have had very extended occasion for personal observation and treatment. I do not know that I ever had a dyspeptic who did not have, in some form, disease of the liver. I am sure that I never had a consumptive whose pulmonary disease was not dependent upon, or at least directly connected with, derangements of the liver. I think there never was a case of bleeding piles without previous disease of the liver ; nor will

there ever be a case of it so long as the liver remains healthy. I think no person ever had the sick headache until the liver had first become in some way incompetent or inactive in the performance of its functions. More than one half of the cases of common colds which the people of the United States show, originate in torpor of liver and inaction of external skin. And this condition of the skin, oftener than otherwise, arises at least from want of proper action of the liver.

This view of the case does not become clouded at all under the simple consideration that the liver is merely a depuratory organ, its office not being constructive, but rather destructive; for to remove elements which, if they remained, would prove fatal to the repairs and upbuilding of the system, is as vitally necessary to its constructive processes as though the work to be done was essentially and primarily constructive. It is quite as necessary to get obstructions out of the way in order to build, as to get into the way the materials by which building is to be done. During each twenty-four hours, or, in fact, during such period of time as under the changes through which the human body has to go new supplies of food become necessary, the liver has its work provided. For, whenever food is needed, wastage has to be carried off. This is a universal law, and applies to every existing living organism. For the work of repair is co-extensive with the work of destruction, and the work of destruction is co-extensive with the work of repair. The change is constant and reciprocal, and the liver has its work to do in carrying off waste mate-

rials as much as the lacteals have their work to do in supplying upbuilding matter.

Perhaps there is no organ more easily affected by external influences, healthy or unhealthy, than the liver. In fact, it is more susceptible to derangements than any other organ. It does not seem to me to be able to resist unfavorable conditions with anything like the force that the stomach, the bowels, the lungs or the external skin can. And because of its inability thus to resist, is it to be accounted for that these other organs never become deranged until after the liver is sick. It would be a phenomenon in pathology to see a healthy liver and unhealthy lungs, or a healthy liver and an unhealthy stomach, or unhealthy kidneys, or unhealthy bowels, or unhealthy skin and a healthy liver. But oftentimes the converse is witnessed. After the liver becomes decidedly deranged, the lungs resist its morbid conditions; so does the stomach or the kidneys, the bowels or the skin. Necessarily, sooner or later, they must come to be diseased if it remains diseased; and, strictly speaking, they cannot be absolutely healthy while it is unhealthy. But apparently so they are. Oftentimes a man with most manifest symptoms of liver derangement will be able to eat and drink and digest his food without any apparent difficulty whatever; the stomach working as well under a superficial view as though the liver were healthy, and so with the other organs; but, notwithstanding their capacity for vital resistance, the process of derangement in them begins whenever the liver itself has become seriously affected. It has no

power to resist the influence of morbid causes acting upon it or through it as have the other vital organs.

Its extreme susceptibility to disease, and the very great sympathy which exists between it and the other vital organs, make it quite necessary to delineate in minute form the derangements which it shows, and the true method of preventing and curing these. This is all the more necessary, because with physicians of the drug-schools, there is no other organ in the body for the diseases of which they so ruthlessly prescribe powerful and poisonous re-agents as for the liver. Thus, if a man has any disease of the stomach, a physician may stop to think whether it would not be better to suggest hygienic treatment of his stomach. So also, if the lungs have become diseased, he will at least stop to consider whether mild will not be quite as serviceable as more potent drugs. So also, has it come to be, now-a-days, in reference to inaction of the bowels. Drastic purgatives are not given as much for inertness of bowels as formerly. The same is true of the skin, and also of the kidneys. But let a physician of any of the drug-medicating schools make up his mind that the liver of his patient is itself sick, and so is the cause of the patient being sick, and he will not think of giving any remedy which does not have in it a deadly potency. Nor will he think of administering it in any form but that which if he were to give it to a man in health would make him sick, and perhaps would kill him. They seem to think that an actual onslaught on this organ, of the severest kind, is not only justifiable but

positively demanded by the facts of the case, no matter what the nature or character of these facts are, so a clear indication is had that the liver is out of order. For congestion of liver, or inaction of liver, for passive inflammation of liver, or acute inflammation of liver, down the throat of the patient must go some infernal drug, which if given to a man, were he well, would make him sicker in all probability than he was when the drug was administered to him for cure.

Why this is I do not know, except because physicians have learned that whenever the liver becomes deranged in its functions, the intimacy of the relationship existing between it and other vital organs is legitimately so great that they also readily become diseased. To prevent this the liver must be doctored furiously. So at it they set to work, never stopping to think that just in the ratio of its susceptibility to become diseased under conditions unfavorable to its health, is it susceptible to become rid of its diseases when brought under conditions favorable to its health. For in this direction action and reaction are equal as in every other direction. Where there is very great vital resistance to disease, constitutionally or organically existing in a structure, this being once overcome, and disease being made to exist there, the difficulty of overcoming this disease and re-instating the structure in health is exactly proportionate to the difficulty in the first instance of making the organ become diseased. Hence, men of strong constitutions, when once fairly sick, are the most difficult of all persons to cure.

Now, the extreme susceptibility of the liver to disease rationally contra-indicates severe treatment, for after a rational plan its diseases are readily curable. If treated irrationally, it becomes diseased oftentimes so as to make its restoration to health quite difficult, because under such circumstances its structure becomes changed, and thus we have organic as well as functional difficulties to meet. However numerous the derangements, therefore, or whatever may be the particular manifestations of disease which the liver at any time may show, these can all be readily brought within the range of very simple modes and methods of cure. To be taking calomel and quinine, and opium and arsenic, and podophyllin, is unnecessary. It argues, on the part of those who administer these poisons, and on the part of those who take them, a want of perception of the nature of the structure and of the functions of the liver, and of its legitimate relations to other organs in the body, and to the body as a whole. It argues bad practice on the part of those who exhibit it, and needs to give way to more sensible and rational ideas, both in the direction of the remedies to be used, and of the results to be produced.

As all acute diseases of the liver which have fallen under my professional care to treat have yielded most readily and permanently to the simplest forms of treatment—such as cleaning the stomach from any undigestible substance that may be in it, relieving the bowels from any hard fæces, or from soft fæces lying higher up, which remain there from want of action of the descend-

ing colon, such also as the applying of wet hot cloths over the region of the stomach, bowels and liver, or the use of warm sitz-baths followed by cold, together with the use of general ablutions and of the abdominal bandage, absence from food, quiet of mind, and recumbent posture indicating rest, until the ailment, whatever it may be, passes away; I do not think it necessary to describe these forms of disease under the head of diseases of the liver, but to pass to the treatment of those which are chronic in their nature, and which are much more common as specific involvements of this organ than the diseases known as liver diseases, which are acute.

The commoner form of chronic disease of the liver which I have had to treat, has been what is popularly known as "liver complaint." It consists of congestions of the blood-vessels of the liver, whereby what is termed the portal circulation, or the passage of the blood through the portal vein, is interfered with. As a consequence of the obstruction of blood through this vein and its adjunct vessels, the depuratory office of the gland is very much enfeebled; and so the liver itself, after a while, becomes engorged, and hyper-sensibility takes place.

When this condition exists pain follows as a consequence, sometimes sharp and darting, sometimes dull and heavy, sometimes in the liver, sometimes at points remote from it. More frequently than otherwise, after the derangement is fairly established, the point of sensibility is under the right shoulder-blade, pretty near to the fourth or fifth dorsal joint.

The common remedies for this disease are calomel and jalap combined, or calomel followed by salts and senna, if the patient be treated allopathically; if homeopathically, calomella is administered with, perhaps, pulsatilla following it. Or, if these do not provoke the liver to action, then modifications of the minor medicines are given; but calomel in some form is the chief remedy with those who give mineral poisons; while amongst the botanic or eclectic practitioners, podophyllin is regarded as the most efficient and thorough medicine.

Could it be always remembered by persons who have this, or any other form of liver disease, or, for that matter, any disease that involves the nutritive or excretory organs, that whenever congestion, little or much, or inflammation light or severe exists, depletion is necessary, and that one of the best ways to secure it is to abstain from heavy foods, or, perhaps, from all food for awhile, increasing, as far as might be, the action of the skin, bowels, kidneys and lungs, by processes easy to work, and with results decidedly to be admired for their efficacy, poisonous drugs would not be taken by persons suffering from what is known as liver complaint, as they now are taken. Were it also remembered that when the liver has been slowly, though perhaps imperceptibly, for a long time becoming morbid, getting ready, as it were, to put on that degree of morbid condition which should challenge the patient's consciousness, and make him aware that the gland was out of order, that under any disease of it of which he at

last has become conscious, a good deal of time has previously passed in order that such conditions might thoroughly be established, and that whenever any such chronic derangement comes to be known and felt by him, any remedy applied for immediate or sudden relief from that very fact is objectionable, persons suffering from chronic disease of the liver consequent upon its torpidity would be willing to take longer time than they now do, and would be ready to use much simpler means to induce cure than they are. All changes of diseased organs from bad to good, from worse to better, induced suddenly where the diseased conditions have long existed, are made to the disadvantage of the general health of the person treated. Nature never, in her free moods, makes changes for the better in the conditions of existence of any human being rapidly. The process, to be sure and of the highest value, as I have elsewhere said, must be slow. If the disease be local, and is essentially acute, the treatment may be vigorous and the results rapid; but if it be long existing, and not merely local, the restoration should not be sought to be made sudden and complete; for in the doing of it, vital power is more likely than not to be determined away from other structures in order to produce the local result, or to be so exhaustively expended as to leave the body greatly, and not infrequently permanently, debilitated thereby.

I have not space to tell how many persons have had their general health made permanently worse by powerful remedies, producing rapid changes—and for

the better, too—in some particular organ which has been diseased. For piles suddenly cured, I have seen pulmonary consumption set in; for nervous dyspepsia, I have seen rheumatism; for congestion of the lungs, the worst forms of congestion of the liver; for torpidity of liver, the worst kind of joint rheumatism; for constipation of bowels, the worst form of congestion of the lungs; for diarrhoea, the worst form of congestion of the brain; for dysentery, typhoid fever; for typhoid fever, bloody dysentery; for bilious fever, typhoid fever; for mucous dyspepsia, fixed neuralgia of the lower limbs; for inflammation of the bowels, enlargement of the liver or of the spleen; for inaction of the liver, the most thorough and complete inaction of the bowels; and so on.

It is not good practice, therefore, to seek suddenly or instantaneously to overcome morbid conditions of the liver though these have long existed. Time is needed to produce the changes desired, and if time can be had, then gentle methods may be employed.

For the disease now under consideration, change of food from that which is exciting to that which is simply nutrient, made up as this must be, for the most part, of grains, vegetables and fruit simply prepared; change in drink, substituting for hot drinks, cool, and for the ordinary table beverages, pure, soft water; using sitz-baths and general ablutions two or three times a week; using enemas of tepid, soft water, unimpregnated with any cathartic substance; the application of fomentations; the wearing of an abdominal bandage night

and day; pleasant social surroundings; life in the open air, and great regularity of habit will certainly produce the result desired if the person being treated is curable. How to combine the means and efficiently employ them, may demand the skill of the physician and his daily oversight; for I take it that it will be only when the knowledge how to keep from being sick has become quite general with the American people, that it will do for them to dispense with the care and management and application of skill of physicians. Physicians are necessary when persons are sick, because the latter are not competent when sick to manage their own cases. He who is his own physician when sick has a fool for a patient; just as he who, going to law, has a fool for a client if he pleads his own cause.

But though physicians will be necessary to determine the diseases of which persons may be sick, and to prescribe the proper remedies, and to enforce their application under their own personal oversight and management, it will not be needful for those who are sick to take as remedies destructive substances. Those remedies which are ordinarily called medicines will not be used. On the other hand, those agents which, because they are not regarded as medicines, are now seldom brought into use by medical men will be used, being in themselves constructive or curative, because appropriate by the vital force of the human body to the maintenance of its health when not sick, and therefore to the restoration of it when it is sick.

Liver complaint, therefore, or chronic congestion of

the liver, can better be treated by simple methods which shall sweep over considerable space of time than by the use of substances whose effect on it is to induce powerful yet sudden changes, and to leave it ultimately in a more congested and inert condition than before the process of cure was begun.

Where chronic congestion, or chronic irritation, or passive inflammation of the liver exists, it is frequently the case that all the lobes of the liver are not involved. Nor is it always the case that all of a single lobe is involved. Sometimes it may be that the outer surface of the liver is mainly diseased; in other cases, that the inner or under side of it is only affected. I have found when this is the case symptoms corresponding thereto are obvious. Where the outer surface of the liver is unhealthy the person can lie on the left side better than on the right; where the under or inner surface is involved, he can lie better on the right side than on the left. In the one case, if he lies upon the left side, he finds a drawing sensation as if the liver were a heavy weight in his body, and bearing down upon the structures immediately adjacent. In the other case he finds that, if he lies upon the right side, the sense of weight is increased with the absence of the drawing or bearing-down sensation.

This, perhaps, is of no account in determining what shall be the treatment. As in many instances of other organs which are diseased, the understanding of the exact portions of them which are diseased aids not at all in determining the quality or quantity or form of

treatment to be given. In this direction the classification of diseases is quite finical, and, as I have elsewhere said, I believe the treatment which doctors administer is also finical, having no substantial merit whatever in it.

Where inflammation of the liver exists, as a general thing, once well-established, it goes to suppuration and abscesses form. This is dangerous, and not infrequently fatal to the health of the patient, if not to his life.

I have had but two cases of inflammation of liver ending in abscess. Both of these persons lived, and, for aught I know, are living to-day; but while I knew them, which was for years after, neither of them had good health. I have had a good many cases of inflammation of liver where, I think, under the medical remedies usually employed, abscess would have resulted and death ensued; but under the Psycho-hygienic treatment resolution took place. Some of the persons recovered and have had good health since, I am happy to be able to say; but others of them have been delicate, and have had to take great care of themselves in order to live. It is far better, I think, so to care for one's self as not to have inflammation of the liver than to live so as to have it expecting to be able to cure it, and have the health good notwithstanding.

Whenever I have had cases of inflammation of the liver to treat, my main instrumentalities have been in the direction of foods, using gruels made of wheat-meal and water, and subacid fruits. I have given little or no solid foods, and have dispensed entirely with

vegetables of every kind, with all condiments and spices, and peremptorily forbidden the use of common salt, of ardent spirits in any form, of all drug-remedies and of tobacco.

The baths which I have given have been usually the wet-sheet pack, followed by the dripping-sheet, tonic in temperature, to keep down general fever; enemas to keep the bowels open; plenty of soft water to drink as a blood-washer; and hot cloths followed by cold ones over the liver, with derivative sitz-baths, and the wearing constantly of the wet cold compress over the liver, stomach and bowels.

Where inflammation of the liver exists, though the attack be mild, the most thorough cleanliness of the person should be had; the room in which he lies should be, if it can, so situate as to let in sunlight when desired, and should be, though holes have to be knocked through its walls, so thoroughly ventilated as to give to the patient the benefit of pure air. Then with quiet surroundings, intelligent and hopeful nurses, and proper management on the part of the physicians, or whoever has the case in hand, the patient, unless very scrofulous, is more likely than not to get well; whereas under the ordinary medical practice he is more likely than not to die; or, if not to die, never more to have good health.

CHAPTER XXXIX.

CALCULI.

WHERE calculi exist in the liver, whatever may be the particular form of these, the person must be sick while they remain in it, and must suffer great pain in their eliminations. No medicines can cure this disease, for no medicines can protect the person suffering from the formation of new calculi, if the old ones, by any means, are expelled. Security against their re-formation can only be had by the person changing his dietetic and drinking habits. If he will drink ardent spirits and hard water as a daily beverage, and eat food made up largely of greases and gravies, of flesh meats with their spices, of bread made of superfine wheat-flour, of vegetables which get their growth below the surface of the earth, and calculi or calcareous concretions have been formed in his liver, there is no security to be had for him that, once expelled, new formations will not take place. They are more likely than not to do so; and the probability is that he will die in some effort of his system to expel them.

As predisposing, and, as I think, active, causes in the formation of stony substances in the liver or in the bladder, ardent spirits habitually drunk, and hard

water used as an ordinary beverage, cannot be exceeded. Ardent spirits in this direction are very potent, by reason of the checking of the metamorphoses of the tissues, thus leaving in the system and in the blood substances which, when the blood passes through the liver, are there deposited, or when the urine is secreted by the kidneys and filtered down into the bladder, remain in the urine, and are there deposited. Hard water is a means for the formation of stones in the liver or in the bladder, because it contains in solution the material of which the calculi are made. In being taken into the stomach the water passes through its coats immediately into the veins, and in the process of absorption filtering does not take place; the earthy substances which are held in it in suspension pass, therefore, with it, and are only separated from it when the blood, of which this water makes a part, passes through the liver, or when it is filtered from the blood by the kidneys and reaches the bladder, and then separation takes place. The earthy salts remain and organize themselves into amorphous shapes, while in the one case the bile passes into the bowels and is carried off in the fæces, and in the other the urine passes out by ordinary action.

No matter, therefore, who the person may be, though not so predisposed to this disease as some other person is, he nevertheless is liable to it, and, therefore, as a security against it, he should entirely let alone the use of ardent spirits, and never for a long period of time uninterruptedly use hard water. There is no need of using it by any person who is a fixed resident; for,

with a little effort, he can catch rain water and filter it, and thus avoid all exposure. If he be a peripatetic being, here to-day, and somewhere else to-morrow, he can always get, by a little painstaking, water which has been boiled, and this, though hard, is far better, because much less hard for having been boiled.

There is no such thing as cure for stones in the liver or bladder that does not secure their ejection and afterward prevent their re-formation. Hence, to deal with such cases successfully, requires on the part of the patient large vital force to endure suffering when the stones are passing through the gall-ducts of the liver, or from the kidneys to the bladder, or from the bladder down the urethra, and also requires, to thus be successfully accomplished, such conditions of living as to render it impossible for the calculi to be re-formed in these organs. This done, the disease no longer exists nor can exist; and to this end the use of Psycho-hygienic remedies, in my judgment, are far more effective because far less destructive; are far more successful, because they reach the prospective as well as the actual conditions of the case, than drug-remedies in any form can be.

JAUNDICE.—This disease may fairly be considered as chronic in its nature, for, although it appears suddenly in many instances, the active causes of it must have existed a good while before it appeared. Its diagnosis need hardly be stated, because whoever sees a jaundiced person knows him to be so at first sight, the color of the skin being more or less yellow, shading from a light

saffron to a dark yellowish brown. Usually, the first indications of the disease arise in the eyes, then in the face and over the whole body. Whenever the disease becomes general the fæces are of a whitish or light clayish cast, the urine becomes very dark-colored and scanty, and digestion much deranged. Not infrequently with this disease there is a heavy, tense pain in the region of the liver.

The reason why I count jaundice as among chronic diseases of the liver is, that more frequently than otherwise it appears without one's being able to refer it to any one exciting cause. The principal causes, however, are indigestion; suppression of the external circulation; the taking into the stomach of substances which are poisonous; reactionary conditions of the liver set up from having taken powerful emetics or powerful purgatives; derangements of liver arising from the presence of gall-stones in the bladder, or, once in a great many instances, the appearance of worms in the biliary ducts. With persons of a peculiar combination of intellectual and moral faculties, powerful mental emotions will serve as a predisposing, if not exciting cause, to the disease. There should be counted in also as predisposing causes, irregular habits of living; large and habitual indulgence in strong drinks; gluttonous habits of eating; excessive sexual indulgence, and long-continued and frequent administration of powerful cathartic medicines.

The remote diseases arising from jaundice are dropsy,

general wasting away of the flesh, and pulmonary consumption attended with hectic fever.

In all the cases of this disease which I have had to treat—and they have been a goodly number—there have been only two women; all the others have been men. I never had but one case of jaundice to treat in the person of a child, and that was a boy. I never lost a case of jaundice. My patients always got well under the proper diet and such treatment as leads to the establishment of natural action of the bowels, and kidneys, and the skin. It is surprising to see with what certainty the application of the wet-sheet pack followed by a dripping-sheet, or spray, or half-bath, at a temperature of 85° to 80° , accompanied with fomentations for half an hour, once a day, over the liver, with enemata also to produce daily evacuation of the bowels, will change the condition of the blood, and carry off through the various excretories all the inspissated bile, whose presence gives the tinge or color to the skin of the person suffering under the disease. In the course of a week or two the worst cases which I have treated began to show improvement. I have had some very remarkable cases which have been cured under the Psycho-hygienic treatment. One need not be afraid of the disease so it is taken in time and dealt with fairly.

CHAPTER XL.

DISEASES OF THE INTESTINES.

DUODENITIS.—Physiologists divide the bowels into three departments: The duodenum, which is sometimes called the second stomach; the small intestines; and the colon, which is the large bowel.

The chief disease of the duodenum is termed duodenitis, which means inflammation of that portion of the small intestines which is joined on to the stomach at the pyloric orifice, and is about twelve inches in length, thus being named after two words which mean two and ten, or duo-denum.

It is at this point of the intestinal canal, when sub-acute or passive inflammation exists in its inner lining, that in many instances the suffering of dyspeptics originates. The proof of this is found in the fact that upon eating food the dyspeptic has no disturbance whatever for the time in which it remains in the stomach; but when having been turned into chyme it passes out of the stomach into the duodenum, then pain or agony begins. The mucous lining of the intestines is so inflamed as to be extremely sensitive, and when the chyme comes into it, its presence there creates extreme sensi-

bility of the part, and in many instances great pain is induced. The disease is then called either acute or chronic duodenitis; meaning thereby that the duodenum is inflamed, and that food cannot pass through it without determining the blood there, and so for the period of the passage of the food the distress of the person is greatly increased.

From what peculiarity in the structure of the bowel, or from what peculiar susceptibility of it to take on diseased conditions, it so happens that when the duodenum becomes diseased, and especially so by chronic inflammation of its mucous surface, it constitutes a more difficult structure to cure than any other in the body, I do not know. Of this, however, I am aware, that of all the diseases which I have ever had to treat, no matter what these may have been, none has ever caused me more trouble to cure than this. Physicians of the drug-schools long ago gave it up as impossible, declaring it to be the opprobrium of the profession. In this view, I think, water-cure physicians generally concur. I know it is a vastly more troublesome disease than any form of dyspepsia with which the medical profession has to deal, except that form of nervous dyspepsia involving the solar plexus. It seems almost impossible to reinstate the organ in its natural health after once it has become diseased. Perhaps one reason for it is the mental restlessness which those who suffer from it almost always show, and, therefore, the difficulty in inducing the patient to take the quiet conditions that he ought. But, be this as it may, it is a very difficult disease to

treat, and time, and patience, and skill and opportunity are necessary to success.

My treatment for it has been, first, the most rigid and careful dietetics, making the patient conform to the scale I have thought best to mark out. Many patients who have been under my care for duodenitis I have put upon a very rigid diet, made of wheat-meal and water made into bread and pudding, letting them have nothing else, keeping them on it for months at a time. Of course this has been prepared in as varied a form as it could be done, and have the proximate elements of the flour not changed.

I doubt whether a long existing inflammation of the intestines can be cured by any means known to man except such as shall involve chiefly, if not exclusively, the use of farinaceous foods, and soft water as a drink. I never heard of a case of chronic duodenitis cured by medicine, nor by medicinal waters, nor by electricity, nor magnetism, nor galvanism. Apparent cures have been made, and both physicians and patients have congratulated themselves upon the result; but, in hundreds of such cases which have come to my knowledge, they have, after the lapse of a little while, been greatly disappointed and depressed at the recurrence of the difficulty.

I think I must have had as many as a hundred persons who have visited Saratoga Springs and drunk of their waters, and so far recovered as to call themselves cured, upon whom the disease returned after a disuse of those waters for from three to six months. In the

majority of instances I have been able to restore them to health so that they have remained in health, some of them having now been cured for years. But in all such cases I have found that under the use of medicinal waters no account was made of food, the patients eating pretty much what they wanted; and so soon as they departed from the Springs and got home and fairly resumed their usual habits of life, the disease came back upon them with greatly increased aggravations. So I was led to think that it was worse than useless to undertake to cure the disease unless I kept out of the stomachs of the sick aliments which are not nutritious.

Entering into my methods of treatment of this disease is also the use of soft water as a drink in quite large quantities. Hard water being a very bad beverage it should always be boiled before being drunk, or the lime in it should be neutralized or changed by the union with it of an alkali put into the water, making it soft. Flesh-meats should not be eaten by a person having duodenic inflammation, nor should spirituous liquors be drunk, nor drug-medicines taken.

Sympathetically related to the disease, and calculated directly to aggravate it and render its cure obstinate, if not impossible, is sexual indulgence. No man or woman suffering from it should be other than strictly continent. The disease contra-indicates the use of the sexual organs.

Where constipation exists in connection with it, as in many instances it does, there should be taken enemas

of tepid water, so as to produce daily apericiency of the bowels. The external skin should be kept soft and active in its circulation by gentle ablutions. Fomentations may be applied to most excellent purpose over the part inflamed. Much benefit can be derived from eating whatever food is taken at long intervals. The patient should live in the open air, and should have such exercise as is calculated to strengthen, but not fatigue, the muscles of the abdomen. Freedom from care and study should constitute most certainly a condition in the plan of cure.

Of forms of baths, the wet-sheet pack, the dripping sheet, the stomach and bowel washing, and rubbing by the hand of an attendant, fomentations, abdominal bandages and sitz-baths, each in its place or in connection with others will be found, when fairly and judiciously applied, to be of most excellent service. Whoever has this disease and has long suffered from it, must calculate to suffer a good while longer, whenever he shall begin treatment, before thorough cure is established.

In the direction of avoiding aggravations of the disease, I might as well say that nothing is more likely to increase and intensify the derangement, and make the cure all the more difficult than to eat too much of proper food, unless it be to eat too much of improper food. It is at best a terrible disease to deal with, and those who have not got it should be careful not to get it; and to escape having it, they must live temperately and hygienically in all their conditions of life.

BOWEL COLIC.—Colic in the bowels may be divided under two heads—simple and complicate.

Simple colic is caused generally by the evolution of gas or accumulation of wind in the bowels. It is a different kind of colic from that which takes place under the presence of gas in the stomach, and I therefore have made the distinction. It arises not from the presence of undigested substances in the bowel, as colic of the stomach arises from the presence of undigested substances in it; but often from suppression of the external circulation, and the consequent pouring of blood into the vessels of the abdomen, and especially of the intestines.

To illustrate: when a person has eaten food, and it has been disintegrated in the stomach, and passes through the pyloric orifice into the duodenum, and from that into the small intestines, supposing him to be exposed to low temperatures, and to become chilly on the surface of his body, and to have the blood recede therefrom rapidly and in large measure to the deeper blood-vessels, not unlikely he might then have an attack of colic. It would not be what is called bilious colic; but wind-colic in the bowels—just such kind of colic for a man as a horse has, when over-driven and heated, he is placed where the external circulation is suddenly suppressed, and the blood-vessels of the abdomen become overcharged with blood, and the intestines, within whose walls food still remains unassimilated, take on severe congestion or irritation, producing a chemical change in their contents, thereby creating the gas whose

presence under the circumstances creates the pain called colic. This is the rationale of the thing.

Very seldom if a person has eaten food, and time enough has elapsed to have it passed out of the duodenum into the intestines, will he have simple bowel colic, if he keeps the surface of his body warm, and does not get over-fatigued until the nutrient particles have been absorbed into the blood, and the factitious matter has passed into the colon.

When colic of this form arises, nothing better can be done than to increase the circulation upon the surface. A general warm or hot bath will be of great service. If this cannot be had, hot, wet cloths laid over the bowels will be good. The drinking of hot water until the blood is so hot as to affect the sweating glands, making the body perspire freely, is good. Warm enemas, as warm as the blood, and, if possible, still warmer, will be found to be of service if thrown up the large bowel until it is filled as high as the sigmoid flexure. Sometimes relief will be had by changing the conditions of the circulation by means of a hot foot-bath.

Seldom, if ever, is this kind of colic dangerous, but only provocative of severe suffering while it continues.

Whenever any one has an attack of simple colic, it is well not to exercise laboriously for the next few hours, nor to eat heartily for the next twenty-four hours, and to be particularly careful to dress so warmly as to keep the surface of the body in good circulation.

Complicate colic is that kind of colic which arises

from the involvements of other structures, mainly such as deranged liver, constipation of the bowels, dyspepsia of stomach, sudden congestion of kidneys, or large suppression of the circulation of the blood through the external skin. A complicate colic is, therefore, a difficult thing to treat; because, while it may not be so difficult to reach it and relieve from a given attack, it is very difficult to prevent the recurrence of such attack. I have known persons who for months would be suffering most all the time from this kind of colic, a constant, griping, bearing-down pain, for which there seemed to be no remedy, relief not being obtainable except for a little while. The pain would be apparently located in the abdomen, anywhere between the lower part of the pelvis and the epigastrium. The bowel would be sore and painful to the hand's touch. In some instances there was chronic peritoneal inflammation; in others, severe derangements of the kidneys.

One of the worst cases of colic I ever knew, and which baffled my effort for a while, until I came to discover its cause, proved to originate in, and be dependent upon, chronic congestion of the kidneys. It was early in my practice that I made the discovery that the kidneys, when congested, will produce abdominal colic. Since that time I have found that congestion of the uterus will produce in women the same condition.

The popular idea is that where colic is caused by, and dependent upon, some other condition than that of gas in the stomach, the bowels and liver must be involved in its manifestations; but this view is incor-

rect. While bilious colic is often dependent upon derangement of the liver, uterine colic is dependent upon derangement of the uterus; kidney colic, upon derangement of the kidneys.

I have known one case where a very severe colic, bearing all the signs, and showing all the external symptoms which colic in the bowels ever shows, originated in the reactionary conditions of the genital organs.

Now, when one complains of colic of this sort, the first thing to be done is to diagnosticate clearly. Nevertheless, there is less need, in order to reach the case, of a clear understanding of the cause that produced it, if you apply Psycho-hygienic treatment, than there would be in the matter of giving drugs; for such are the therapeutic effects of Psycho-hygienic treatment that, though one does not clearly ascertain the causes which produce the colic, the treatment is so comprehensive as to reach the morbid conditions established, and to produce relief. For instance, suppose that you have colic arising from congestion of the uterus in the woman, or colic arising from congestion of the kidneys in the man, and you do not know that it arises from this cause, but suppose it be from wind, or from sudden congestion of the bowels; if you give to the patient under such circumstances just what you would give for acute congestion of the bowels, you would produce a cure just as decidedly as though you knew that the colic arose from congestion of the kidneys or uterus. A hot sitz-bath will produce relief as quickly in one of these cases as it will in the other. For, as soon as

the blood is made to flow through the kidneys or the uterus normally, relief will be had; and if the colic were caused by congestion of the bowels, as soon as the blood was made to flow naturally through their vessels relief would be had.

Now, in the drug-medicating practice this might not be. One may take a powerful cathartic for a colic supposed to be abdominal, and not get one particle of relief from it were the colic caused by congestion of the kidneys or the uterus. In this direction the Psycho-hygienic treatment is far more effectual, and, I think, mainly so because far more comprehensive. A sitz-bath has a broader remedial value than any single drug-medicine can have, even supposing that the latter has the quality of producing satisfactory effect.

Wherever colics or anything of the kind exist, producing congestion in their early stage, and, if not relieved, running congestions into acute inflammations, the best special means to be used is the application of hot water in every way in which it can be applied—to drink it, to apply it externally, to throw it up the bowel; and to be prompt about it as soon as the case can be taken in hand.

Where colics arise from long-continued inflammations which have become passive, and which, therefore, may be immediately provoked by sudden depressions of the circulation or debility arising from rapid, violent and fatiguing expenditures of nervous force, they are to be considered as dangerous, or likely immediately to produce destructive effects. In many instances they

pass away by the habitual reaction to which the system has long been subjected. Thus I have known many persons to have neuralgic colic, and suffer very intensely, who would not do anything in the way of treatment for it because their own experience had taught them that, after suffering from it a certain length of time, it would cease of itself; the conditions of the nervous system having changed, the paroxysm passes away.

Whenever a person is taken with a sudden attack of colic which produces great pain, it is always well, before going under any general or specific treatment, to make an examination to see if there is a possibility of its arising from hernia. Some of the worst colics which physicians have to deal with are attributable to this cause. In this case it may be that the colic arises by means of obstructions of the bowels kept there because of the hernia; in some instances what is called intussusception taking place. If so, it becomes, after the colic appears, a very dangerous disease—the condition being that of the bowel being pushed in upon itself, as you would push one end of a tube back upon itself, soon setting up irritation, which soon passes into inflammation, and fixes, in a little time, by adhesion, the part introduced to the walls of the part into which it is introduced. Whenever this is the case, whatever is done to break up the inflammation and force the intestine back into its natural condition, must be done quickly. Fortunately, however, the cases of colic caused by this mechanical derangement of the bowel are very few as compared with the whole number.

Aside from simple wind-colic, either of the stomach or bowels, the most numerous of the cases which I have had to treat are those which are usually denominated bilious colic. This kind of colic arises from the presence of undecomposed bile in the intestines in connection with unassimilated food. I never yet knew a person to have bilious colic who, within twenty-four hours preceding it, had not committed gluttony. Usually bilious colic appears in about ten to twelve hours after a meal. Occasionally it appears in from three to six hours thereafter, but ordinarily about twelve hours intervene.

Whenever I am called to such a case, the first thing is to clean out the stomach of any possible food which may be there; for sometimes food still remains in the stomach at the time of the attack. This is done by water emetics. I relieve the bowels of any contents they may have. This is done by water enemas. Then comes the process of fomentations to keep down inflammations. Hot cloths are laid upon the bowels until sweating takes place, and then a good tonic bath is given. If relief is not then produced, I give the patient hot water to drink—so hot as to render vomiting unlikely, keeping on the hot fomentation cloths. When he sweats, if the pain is not so severe as to render it impossible, I wrap him up in a wet-sheet pack, and let him lie until thorough circulation of the skin is established, when I take him out and give him another tonic or washing-bath. I have never lost a case of bilious colic, and have usually been able to relieve my patients in from one to three hours.

CHAPTER XLI.

INFLAMMATION OF THE BOWELS.

THIS is a disease arising from a variety of causes, such as suppressed external circulation, nervous exhaustion, the presence of undigested or unassimilated food within their walls, derangement of contiguous organs, the presence of powerful poisons given as remedies, injuries received from blows or falls producing contusions, external or internal injuries.

It does not always follow that the disease arises from a cause or causes which have been at work but a little while in setting up the inflammation. Predisposing causes may lie far back, the system not being ready to have this form of disease show itself. No matter, however, whether this be so or not, when the disease shows itself the symptoms will be sharp, darting pains in the abdomen, with soreness both internal and external, with indisposition on the part of the person to sit up, with accompanying fever, quickened pulse, labor of respiration, loss of appetite and suspension of the ordinary action of the bowels, and, in most instances, almost entire suspension of urine.

The cure of it is to be made by applications of water properly used. If the fever runs high, the water

should be cool. If there be a low fever, and of a predominant nervous type, as in some cases there is, then the water should be made tepid or warm. The patient should be placed in a bed, with the room well-ventilated, and in charge of good nurses, and given such general treatment as it is proper to give in cases of general fever; and then he should be left to his recovery. The disease is not dangerous if taken in hand early.

Of course, in this disease, food is not to be given while the inflammation runs high; and when it is greatly modified, or has apparently ceased, the patient should eat food only of a fluid kind, and this at long intervals, once or twice a day. It is better to be made weak by want of food than to be made strong by inflammation.

Where, under the drug-treatment, metastasis would take place, and the patient very likely have sloughing of the bowels established, and be very likely to take on bloody flux and die, or have the disease give way in the bowels to reappear in the brain and so die, under Psycho-hygienic treatment the patient will have the abnormal condition overcome through the normal action of the vital force, and, though sick for some time, nevertheless will get well. In my judgment it is the height of bad practice to administer poisonous drugs to a person suffering from inflammation of the bowels. Like inflammation of the lungs, it is an entirely manageable disease if taken in time, and properly attended to. Let no one, therefore, be frightened out of his self-possession who may be called upon to treat such a case, if

he can only have charge of it at the outset, and have means to apply which in themselves are therapeutic.

PERITONITIS, OR INFLAMMATION OF THE EXTERNAL LINING MEMBRANE OF THE BOWELS.—This disease is called by physicians "Peritonitis," which means inflammation of the peritoneum, that being the technical name for the serous membrane that covers the bowels. Various causes conspire to induce inflammation of this structure. Whatever these may be, the symptoms or signs by which disease of it may be known are generally obvious, though sometimes it is difficult to tell whether the person suffering from inflammation has it seated on the inner and mucous membrane of the bowels. Experience, which is made up of observation and experiment, generally will enable one to determine the difference. But I have known persons treated for mucous inflammation when it was peritoneal, and for peritoneal when it was mucous.

A person having peritoneal inflammation will show tenderness over the region of the bowels upon external pressure; will find it difficult to sit up without suffering sharp darting pains; will be disposed to take recumbent posture and to lie upon the back, and to draw the legs up. Unless a person has typhoid fever, involving inflammation of the peritoneum as well as of the mucous surface, or unless she be a hysterical girl, if, upon lying down, the disposition of the body is in such form as to lie upon the back and draw the feet up, one may pretty safely conclude that inflammation of the peritoneum exists,

whether it be merely a patch of that membrane, or pretty thoroughly extended over it. Connected with its origin oftentimes, as a cause therefor, is what is termed child-bed, or puerperal fever. This is one of the most awful disorders that a doctor has to meet. Dr. Watson says in his work entitled "Practice of Physic," that "Of forty-four cases of well-marked puerperal fever which fell under the observation of Dr. Robt. Lee, in which the bodies were carefully examined, the peritoneum and the uterine appendages were found inflamed in thirty-two of them; that is, in eight cases out of every eleven. The inflammation commences no doubt in the uterine portion of the membrane, and spreads thence over the larger part of its surface." I am disposed to think that where peritonitis is involved with uterine inflammation, constituting cases of child-bed fever, the subjects almost always have the inflammation set up under the influence of cold.

It is well understood among physicians that the disease is epidemical, and the impression quite widely exists that among parturient women it is propagable by contagion; but I do not believe this, never having had any good reason to believe it. Whether it arises from mechanical injuries, from disturbed circulation of the blood, by what is termed catching cold, by the sympathetic connection which the membrane sustains to the uterus whenever this is inflamed, or from whatever cause it arises, the treatment must be prompt, the main object being to reduce the inflammation.

As I have already said, in the treatment of inflamma-

tion of any of the structures of the body, one of the best remedies is the application of cloths wet in hot water, constituting thorough fomentation of the part involved, so I repeat, with reference to this particular disease, one of the best things that can be done is to keep hot cloths over the part until the patient becomes either sensibly relieved therefrom, or is made nervous and irritable thereby; in which latter case the hot should be exchanged for cold cloths, which will act sedatively upon the nervous system for the time being, and create such a reaction of the nervous sensibility as will justify the re-application of the fomentations.

I recollect to have had two cases of peritonitis very marked in their character, and very dangerous in their aspects, in both of which my treatment was successful. One was the case of a man suffering from typhoid fever. I was called to him when he was almost death-struck. His physicians had given him up. His abdomen was frightfully swollen, and had assumed a purplish hue on the external surface. The man was unconscious; his eyes were set in his head; feet cold and legs clammy to his knees, and hands as cold as were his feet. I supposed him to be past all help; but his friends had sent for me, and I felt bound to make an effort while life lasted. So I ordered a woollen sheet to be cut up into such strips as would enable me to have cloths four or five thicknesses, about the length and width of the part I wished to cover. Then, having a pair of these, I set to work, and for eight hours myself and another person did nothing but wring these cloths out of as

hot water as we could, and apply them over the abdomen, changing them as often as once in three minutes. No impression was made until half that time had passed, when the breathing of the patient became less labored, the eyes began to relax their stare, and the lids to be more movable. At six hours the patient was asleep; at eight hours our work was done, and in thirty-six hours from that time the patient was sitting up in bed, and asking for something to eat. I left him, and he lived a week, gaining every day, until his appetite became so good that, in a moment of weakness on the part of his friends, he was permitted to eat some high-seasoned food, and in three hours the inflammation returned, and in twenty-four hours he was a dead man.

The other case was one of child-bed fever. A lady bore her first child; was quite comfortable for two or three days; was so smart as to feel that she might get up, and did so; took cold, and in twenty-four hours thereafter was in great agony. The doctor who had attended her was sent for; he came and gave his remedies, but they amounted to nothing; the disease marched on with steady steps. At length I was called in, and having previously had such grand success in several cases under the application of water treatment, I set to work. For eighteen hours I had hot cloths laid over the patient's abdomen, changed as often as once in fifteen minutes, in which time we had taken out the entire tumefaction, the bowels had become soft and easy under pressure, the pain had gone, the woman went to sleep, and in due course of time got well.

For inflammation of both the mucous and serous membranes, I have never found any remedy so good as the application of hot water in the form of fomentations unless it be the alternation of hot and cold water. I believe that in five cases out of six when persons are taken down with typhoid fevers, indicative in the first instance of large congestion of the bowels, followed, as it often is, by inflammation and sloughing, if the application of hot cloths followed by cold were promptly made, the disease would give way, running but a day or two.

I much prefer to use the hot and cold compresses over the bowels to what is termed the sitz-bath; because you can keep down all sensation of cold, and can keep down any external sweating beyond the period needed, inasmuch as without any difficulty you can exchange a cold compress for a hot one; and thus you can keep the capillary circulation within the limit desired; whereas if the patient has to be set down in a tub of hot water, the heat absorbed into the blood is much greater in quantity, and, therefore, general sweating much more likely to take place, with no opportunity for modifying the temperature of the circulation. All forms of application of water which will permit of modification of the temperature while the bath is kept up, are preferable to those where modification can only exist by taxing the strength of the patient, and so acting disadvantageously. It is much better, therefore, to apply it in the form of abdominal compresses than by the sitz-bath. If it be desirable, as in many instan-

ces of peritonea. inflammation or of the inflammation of other structures within the abdomen it is, to have water applied to the back as well as to the belly, then this can be done by simply laying a folded woollen blanket crosswise on the bed, and then wetting a sheet of the proper width of the part to be covered, laying it on the blanket and laying the patient upon it, bringing it over the abdomen with the blanket brought over also, and you have as nice an envelopment of the portion of the body you wish in water as though the patient sat in a sitz-bath. It is one of our favorite applications—what we call a hip-pack, which is a modified form of sitz-bath, the result of its application being much happier than when you give a sitz-bath, because it can be continued for hours, the patient lying down and being well covered up, and being thoroughly warm. For all diseases of the abdomen I think it one of the most successful appliances.

Of course in the treatment of peritoneal inflammation, as of the inflammation of any or all other structures of the bowel, the dietetic considerations are of value. One can readily see that where there is an inflammatory condition existing, food must be rather nitrogenous than carbonaceous, nutrient rather than exciting or stimulating. In this particular form of inflammation fluid foods of a starchy character are rather to be preferred. They may be joined with foods made of fruits which are not highly sweetened nor yet very sour.

In the treatment of peritonitis great care should be had to keep the nervous system quiet, and in order to

this the patient should be placed in as comfortable quarters, and surrounded by as many conditions which are pleasant as may be. Good ventilation in the room where he sleeps should be secured, and abundant sunlight, with opportunity to shade it when needed, should be had. Good nurses should be employed, and these should not be frequently changed. The physicians and nurses, or whoever sees the patient, should be cheerful and hopeful and courageous. Taken in time, the disease is readily managed; neglected for a time it becomes not only difficult but dangerous. Of the persons who die in this country of acute diseases, a large proportion die of this alone, or as complicated with other diseased structures.

It may be well to warn my readers against the use of bleeding, mercury and opium, which are the remedies used largely by allopathic physicians. I am glad to say that, on the whole, the practice of bleeding and giving purgatives in this disease is gradually going into disuse; for men are coming to see that the indirect good which sometimes results from their use is small as compared with the terrible havoc created thereby. If purgatives are contra-indicated in the disease, so do I think opiates are. Nothing is gained in the case by placing the subject of peritoneal inflammation where the nervous system becomes greatly depressed. What is needed is not the setting up of additional irritation in the system by cathartics, nor the prostration of the nervous system by opiates; but such treatment *as will* increase the natural vigor of the circulation,

and thus establish as rapidly as possible a normal condition of it in the part diseased. Once break up the disturbance, and set the resisting forces at work to its further extinction, and the patient is saved. Fail to do this and the patient will die, no matter how much opium and calomel are given.

In the treatment of chronic diseases, which constitute largely the diseases which I have had to treat, chronic peritonitis is often a consequence or sequel of acute inflammation of that organ. In this case the serum of the blood is effused and the absorbents do not take it up. Passive inflammation continues, and so steadily the vital powers recede, and at no long distance of time the patient dies.

For this disease I think there is no remedy that can be relied upon with any certainty which is of a drug nature. I never heard of a case which was cured. Whenever a person thus afflicted consults and employs a poison-giving doctor, he gets no benefit. In truth, I think his physician must know that he can do nothing for him. The only remedy which I have ever found to be good for anything in such cases is the application of water externally, in various forms of baths of different temperatures; internally, in the form of injections at about 85°, taken regularly as often, at least, as once a day, and of very liberal use of water as a drink.

In one case of chronic peritonitis involving granular secretions on the membrane, which by many physicians are described as tubercles, I succeeded in restoring my patient to health by giving him as food nothing

but unbolted meal, made with soft water into gruel, and giving him very large quantities of soft water to drink. In all cases of passive inflammation and where there is necessity to use water as a solvent as well as a diluent, hard water should not be drunk. In this case my patient lived three months on gruel, eating no solid food, and drinking from a half gallon to six quarts of water in twenty-four hours. I was surprised to see how marked was the curative effect of so large a quantity of water introduced into the system and into the circulation. Previous to my adopting this method with him, the skin was dry and rough, the secretion of the kidneys but scanty and dark colored, the secretions in the bowels were scarcely none at all, and yet when the patient came to me he was quite a large eater, very much of the secretions of the system were made through the lungs, giving to him a very offensive breath. He was very feeble; had a marasmic look, and had been pronounced by the doctors to be dying of mesenteric inflammation. Under the treatment which I gave him he fleshed up, became quite vigorous, and got well. Of course I kept his skin clean by bathing, made him live as much in the open air as possible, gave him exercise of a passive character daily, and, in every way I could, by good nursing sustained his body. But I thought at the time, and do now, that he owed his recovery mainly to my keeping him on fluid food of the kind I allowed, and making him to drink very largely of soft water. In all cases of active or passive inflammation, soft water may be used largely as a drink.

Sometimes along with chronic peritonitis there exists mesenteric inflammation. This, of course, is seen only, or mainly, in scrofulous persons. A distinguished French physician says that the tubercles that are sometimes found in the peritoneum indicate the presence of them also in the pulmonary tissues. But in this direction physicians differ, some saying that well-marked granular disease of the abdomen is often found where no tubercles can be found in the pulmonary tissues. I am disposed to think that it is more commonly the case that enlargement of the mesenteric glands takes place in persons of scrofulous diathesis, and, consequently, slow inflammation of the peritoneal membrane is set up, than that this membrane first comes to be inflamed, to be followed by enlargement of the mesenteric glands. However this may be, it is not to be doubted that there are instances where both the mesenteric glands and the peritoneum are inflamed at the same time. Where this is the case the condition of the patient is very desperate, and may be set down on general principles as incurable. For where it does exist and one person gets well, ten who have the complication die.

CHAPTER XLI.

DROPSY OF THE PERITONEUM.

CONNECTED with diseases of the peritoneum of a chronic character is that of dropsy. Physicians denominate it "Ascites," by which they mean a peculiar form of dropsy.

This kind of dropsy is different from a general dropsy which covers the whole body, and which is known as "anasarca." It also differs from what is called œdematous dropsy, or that which is confined to the legs and feet. Ofttimes when it exists the water seems to be encased in a bag, and, if the quantity be large, it is not likely, under any methods of treatment, to be re-absorbed, but can only be gotten out of the system by the process called tapping. To this there is no objection, nor, as a general thing, is there any danger, the puncture through the outer walls of the abdomen into the sack not producing any inflammation worthy of notice. It does not follow, however, that by drawing off the water in this way a cure is insured, though it is better to commence curative measures with water let out than while it is retained.

Having undergone the process of tapping, if the accumulation of water be considerable, curative treat-

ment consists in strengthening the system as much as possible, and causing the kidneys, skin and bowels to perform their several functions vigorously. Nutrient but unstimulating food should be given, and plenty of soft water—strange as it may seem—should be given the patient to drink. Almost perfect rest for a while after tapping has been performed should be insured, and with the appliances which induce better action of the skin, kidneys and the bowels, the result will be the restoration of the patient to health.

I think I have had in my twenty years of practice, forty cases of abdominal dropsy, and except in a few cases where the patients got discouraged, and could not, or would not, wait for the completion of the course of treatment to which I wanted to subject them, I do not now recollect a case where, under the treatment, the person was not cured.

In four or five cases where there was a good deal of accumulation of water, the patients recovered without the process of tapping, nature herself setting up reactionary conditions, and the patients, passing into a urinary crisis, got well.

One of these was a very remarkable case, where for weeks after being placed under Psycho-hygienic treatment there were very great modifications in the conditions of the disease. The system began to undergo a complete revolution, and was set going apparently by means the most insignificant. Soon after beginning to live upon a farinaceous and fruit diet, instead of a diet largely made up of meat, secretion by the kidneys

began to increase. Previous thereto they had been for a good while quite torpid; but now it seemed as if all the waste matters of the system were to make their outlet through the urinary organs. The person had been a high liver, and exposed to a great deal of violent reaction, and had taken a good deal of medicine. In fact, I thought his dropsy was *caused* by medicine. For days he urinated from four to six quarts of water. At one time I thought the disease was about to change from abdominal dropsy into diabetes; but a close examination of the quality of the urine under some simple tests, decided me that this was not so. But except in a case of diabetes, or in some other cases of urinary crises, when great flow from the kidneys existed for a little while, I never saw so much water pass a human body by urination as in the case of this person. Before he got well I made a rough estimate that he had within thirty days made not less than thirty gallons of water. He thought, as did some others quite as well qualified by their observation to judge, that he had made sixty gallons. But when his extreme secretions by the kidneys ceased, his dropsy was also gone, and, though as poor and thin in flesh as any person whom I ever saw who was able to keep upon his feet, he rapidly gained flesh and got well.

I attribute his recovery entirely to the radical change in the condition of his system which was made, and *this too* by very simple methods employed to induce such change.

It may seem strange, but my practice has satisfied me of its correctness, that in cases of general dropsy, or of local dropsy, not including dropsy of the head or heart, one of the best remedies employed is a free use as a drink of soft water. Keep the person quiet and in good spirits because of pleasant social relations, and if he or she has general, or abdominal, or renal, or ovarian dropsy, one of the best things to be done is to set the patient to the use of large quantities of soft water as a drink. For sometimes, and not infrequently, I think, dropsical affection, wherever it may be, is caused by the want of a sufficiency of water in the system properly to fluidize the blood and to carry off waste matters through the various emunctories.

A celebrated Canadian physician of the allopathic school, who came to bring a patient to me who had been a patient of his, and of whose case he had had the handling for several months without any benefit to the patient, took occasion to say that he thought that one secret of my success in the treatment of diseases was, that I continued to keep the blood clean by frequent washings of it, giving it as his opinion that the blood of a man needed to be washed just as much as did his shirt, and in many instances more, because it sooner got dirty. He was a man of full habit, and said that he found it for his health necessary to wash his blood quite frequently, and that in order to do it, he found it needful to drink great quantities of soft water, for which he had no desire until he created an artificial thirst. So, while his ordinary habit was to eat but

little salt upon his food, once in two or three weeks he ate a good deal, thus setting up a thirst to satiate which he was compelled to drink large quantities of water, the effect of which was to dilute his blood, act powerfully as a solvent, and thus help in the disintegration of tissues, and thereby to carry off through the skin and kidneys, and to some extent through the bowels and lungs, waste matters which otherwise would have remained in his body and made him sick.

I told him of my method of treatment in dropsical cases, and he seemed to be impressed with the soundness of my view, and the philosophy of treatment founded thereupon. Curious enough it may seem to account for the existence of local or general dropsy on the ground of want of water in the system; but it is no more surprising than that a piece of ground in which there seems to be no moisture for some way beneath its surface should always have upon its surface the heaviest dew. Explain the one and you can readily explain the other; for though the difference in the subjects be wide the cases are exactly analogous. Whoever has dropsy, except that of the head and heart, may well accept the use of soft water in different ways and shapes, and as a drink, as one of the best remedies at present known for the cure of the disease.

CHAPTER XLII.

LEAD COLIC.

THIS is a disease of the bowels, originating in the poisoning of the blood through the fumes of lead. The technical name for it is colica pictorum, or colic of paint.

In my practice I have had seven cases only of this disease to treat, and yet it is a disease causing so much suffering that it is worth while to notice it. Five persons who came to me for treatment were men; two were women. The men were house-painters; the women worked at making carriage-tops in a wagon-manufactory, and the room in which they sat opened into the paint-shop. There they worked week in and week out, breathing the fumes of paint. Of these cases four of them were persons who had come to suffer intensely. Their whole nervous systems seemed to be more or less deranged, and all showing some marked conditions with such modifications as each person's peculiarities would necessarily create. Each of them was subject to colic. They had been attacked, in the first instance, with loss of appetite, an unusual flow of saliva, and, in one or two cases, with nausea. One of them, when he was attacked, vomited severely, the

contents of the stomach being largely charged with bile, and he having, for a few days thereafter, a high fever. One of them was attacked by falling down in a fit, and one of them by having the muscles of the arm and wrist lose their contractility so that the hands dropped. One of the women was attacked by painful menstruation, followed by an entire suppression, which had continued completely up to the time of her consulting me.

In one of the cases there was a sort of blue line along the edge of the gums next to the teeth as if there had been a very dark blue tint given to the gums.

I notice that Dr. Watson, in his "Practice of Physic," says this was so in some cases which fell under his observation. Only one of the patients which I had showed this coloring.

All complained of being much more troubled with colic when lying down than when sitting or standing in an erect position.

I confess that I was at a loss what to do with the first patient I had. There was clear indication that he would ultimately come to have a paralysis of his hands and arms, and it seemed to me, when I examined him, that if this should happen, there was such a disturbed state of the circulation and of the nervous system, that he would become incurable, never getting back the use of his arms.

I struck out a practice for myself. I said, "May it not be that this very severe congestion of the blood-vessels of the bowels, and their pressure on the nerves,

may produce the pain of which he complains? May it not be also that there is congestion of the sheath of the spinal column? At any rate, I will see what treatment will do whose legitimate effect is to quicken the circulation and so remove local congestion."

I therefore adopted a practice somewhat similar to that I so successfully use in the treatment of epilepsy. I sweat the patient thoroughly and then gave him cold bathing.

To the man whom I had first to treat, and who had the blue line along the gums, I gave two sweating-baths a week, after which I sent him into the plunge, to come out and be wiped and rubbed well until warm, and then to go to bed for an hour and a half. I put him upon a very simple diet, regulated all his habits, and had the pleasure, in six months, of seeing him thoroughly cured.

Out of the seven cases, I failed only in one; and that I think I should have succeeded in if I had been able to command and insure the application of treatment as I wanted it. While there was a difference in the treatment of these cases, so far as the application of baths was concerned, I found the best plan for each to be that which applied generally for all—mild diet, soft water to drink, freedom from care and work, pleasant social surroundings, life in the open air, with such baths as I thought each case demanded. In the treatment of them all I found use for all the forms of bathing which are customary at Our Home. Some took sitz-baths with packs, afterwards followed by half-

baths; some took fomentations followed by packs; some took standing shallows, or sweating baths, in one form or another, followed by cold ones, the difference in the application of water being made to accommodate the different conditions of the patients.

While these are all the cases of lead colic which I have had, they do not constitute a tithe of the diseases which I have had to treat caused by the introduction of lead poison into the circulation. These, however, have shown themselves under different involvements, and therefore will come to be treated in their proper place.

The difference which exists between inflammation of the bowels creating a pain like colic, and a sudden congestion of the bowels creating what is called wind colic and painter's colic, may be found in this direction—that, after one or two attacks of lead colic, the system begins to accommodate itself to the presence of poison which is in the body, and so the pain is manifested paroxysmally; there are exacerbations or aggravations of it with remissions and relief from it. These are much longer, so some writers say, than are those of ordinary colic.

My own observation has led me to believe that lead colic is much more painful during the night than the day-time. However this may be, it differs from wind colic in not being increased by pressure.

Dr. Condie, of New York, says that external pressure in painter's colic so produces relief that in some instances those who have had it have been known to

bear the weight of two or three persons standing on the belly. He describes the abdomen as invariably hard or flat from the contraction of its muscles, saying that the navel is sometimes drawn in so as almost to approach the spine. He also says that there generally occur within the first day or two, sometimes within the first few hours, of the attack, a headache, and a dull, anxious, or depressed expression of countenance.

Dr. Watson in his lecture on this subject says that when the disease is badly managed the patient is apt to have loss of voluntary motion in the extremities, and after a few days becomes affected with giddiness, great debility and torpor, the pains in the abdomen and extremities abating as the torpor increases.

What is wanted in the treatment of the disease, in order to success, is action, particularly on the part of the bowels. Whatever will do this will help toward restoration. I think that warm injections, even hot, if they can be borne, will be found to be the source of almost immediate relief from the paroxysm, if they are thrown up into the bowels slowly.

It may not be devoid of benefit for me to suggest means whereby persons can be protected against lead poisoning. Those who work in lead mines or in establishments where lead is used in the construction of articles which are made, should take particular pains to protect themselves against inhaling the fumes, and also take particular pains to protect themselves against the drinking of water which may have the poison in suspension; also to be very careful to keep the body

clean and the clothes as clean as possible. Some writers recommend that clothes worn by persons exposed to bad fumes should not be made of wool, but should be made of the strongest and most compact linen. As prevention is better than cure, whatever care can be taken to protect one against the disease should be taken, because as the nervous system is often greatly involved, and paralysis follows as a result, whenever this does take place cure becomes almost impossible. It is very seldom that a person who has had lead colic until paralysis takes place ever gets well. A paralysis of nerves, more or less extensive, may be cured if originating in less destructive causes; but that kind of loss of muscular power resulting from the enervation of the particular nerves, when this is induced by so virulent a poison in the blood as the preparations of lead almost universally are, is seldom, if ever, thoroughly restored.

CHAPTER XLIV.

INFIAMMATION OF THE MESENTERIC GLANDS.

I COME now to consider a disease of the bowels which causes more death, probably, than any other disease to which the human body is subject: I allude to chronic inflammation of the mesenteric glands.

This disease shows itself chiefly in persons of a scrofulous organization; but as scrofula has come to be a household disease with the people of America, it can readily be seen why mesenteric inflammation should be so common and so destructive with our people as it is. It lies at the foundation of nearly all the consumptions, whether of bowels or lungs, which take place with our people.

I may as well consider the various forms of scrofulous manifestations which are common to our people under this head as under any other; because where scrofula exists there are tubercles lodged in the mesentery and abdomen as frequently as in the lungs.

Where mesenteric inflammation shows itself, it is certain that the person having it has a scrofulous constitution, scrofula being properly defined to be that condition of the lacteal and lymphatic systems whereby food is imperfectly changed to blood, blood in

perfectly distributed, and waste matter imperfectly and defectively excreted. Whoever, then, has such conditions of his blood-making organs as not to be able to supply his system with good blood and enough of it, and at the same time has a defective action of the lymphatics, is a scrofulous person. Many persons are born with this kind of defective organization, the cerebro-nervous system being large and the organic-nervous system being small, the digestive and assimilative organs corresponding in size and vigor to the vigor of the nerves on which they depend.

Two classes of persons in this country are subject to mesenteric inflammation. They may be denominated as scrofulous persons of the light and dark varieties.

Of the light variety, he or she is a good illustration who has, when a child, very delicate skin; with light hair, almost flaxen; with large blue eyes, standing out in their sockets very prominently; with long, slim, taper fingers; with small, curling, half purplish nails; with round, full mouth, yet thin in the lips; a pointed chin; small, long, tapering neck; low sloping shoulders; round full bust, if of adult age; with very large, prominent and protuberant abdomen if a child; with narrow and rather small loins if a man; with wide pelvis if a woman; with round, fleshy, yet not over compact lower limbs in their upper portion; with full, round, heavy calf in the lower portion of the leg, and a small foot, compared with the whole body, so situated on the ankle and the ankle to the knee and the knee to the *hip* and the hip to the body as, when the person walks

naturally, to make the toes turn out and give a broad base thereto. Such a person is scrofulous by hereditary predisposition, and is exactly of the order or type of build which will make him or her, as the case may be, readily take on derangements of the blood-making organs by and through the deposition of scrofulous matter in the form of tubercles in, around and upon the mesenteric glands.

The other variety of scrofulous persons may be represented in one who has long, black, fine hair; dark skin; black or very dark eyes; high cheek-bones; rather full lips, and large, wide mouth, with the lips set firmly together; pointed chin, if a man, with black beard; if a woman, with tendency to have hairs grow upon the chin, which itself is not pointed, but rather round; with a long, thick neck, high shoulders, flat chest, large shoulder-blades, strong muscle, large joints, and a more or less ungainly gait, the whole locomotive apparatus being so constructed and arranged as when set in motion to make the toes turn in rather than out. Such a person is predisposed to mesenteric inflammation. But whereas in the light variety pulmonary consumption in the form of abscess is the culmination of the disease, in the dark variety involvement of the small as well as the large glands is apt to show itself.

Out of these two classes of persons we make our consumptives in this country; and as consumption is a more destructive disease than any other we have, so a larger proportion to the whole number of this class of persons are afflicted with mesenteric difficulties than

can be found suffering from any other disease known to our climate and people.

It is really surprising to see how many persons in any given congregation which may be made up, are developing marasmus or consumption of the bowels in its various stages. Some just beginning to have dyspepsia, some diarrhœa, some dysentery, some piles, some uterine difficulties of one sort or another, some eruptions on the skin, some ulcers on the body, some internal or external abscess, some salt rheum, erysipelas, tetter, and so on through a large class of different degrees of morbid conditions does this destructive disease make its way, until it culminates in the incurable, and the subject dies.

To one who has come to be familiar with scrofula in its various stages, a scrofulous person can be picked out from a group just as soon as one sees him. He gives unmistakable signs of the tendencies that are in him to the development of consumption of the bowels.

Now, I am sure that all constitutional or inherited tendencies to this disease can be entirely overcome very easily, if the subject is placed under proper management early in life. Not so easily, but nevertheless certainly, if taken later in life, provided there is at a later period no breaking up of the structures, so as to involve serious organic lesions. I think that the Psycho-hygienic theory of living healthfully, as well as of treating disease curatively, comprehends influences and involves the action of vital forces, to a degree that will justify the statement that any consumptive family pre-

disposed by descent, first to consumption of the bowels, and last to consumption of the lungs, can have such alterations made in it as to bring into existence a new set of arrangements under which consumption will be impossible. So great alterations can be made in this respect as substantially to change the entire order of development in a given person, making him or her to be as unlike the other members of the family of the same sex, as though there were no blood relations existing between them, or as though they were entirely of different temperaments. If this can be done—and I affirm it can—then no other plan of development nor of treatment of diseases can compare with the Psychohygienic theory or system in its comprehensiveness and its intrinsic value.

There are five or six leading agents or instrumentalities which are necessary, under proper combination, to produce this result. One is food and drink; another is air; another, forms of exercise or labor; another is clothing; another is light; another, sleep; another, social surroundings; another, intellectual and moral culture. Combine these properly, and bring them to bear continuously on the subject, and a child born of a consumptive mother, and having tubercles on its mesentery and in its lungs, at birth or beyond it, can be so changed as to have taken out of it every tubercle, and to have its constitutional tendencies to tuberculous development completely and thoroughly overcome.

That this is true I know, for I have seen it wrought out not in *one*, nor ten, nor fifty, nor a hundred, but

in more than a thousand instances during my practice. There is no more need of scrofulous children dying from mesenteric or pulmonary disease, than there is for the strongest man becoming scrofulous. All that is necessary is simply to have the conditions of living wrought for the child, and to have him brought under them and kept under them, and nature sets herself at work to make her modifications of a radical character, and if uninterfered with, will continue to make them until the whole organization of the subject is rearranged.

So far can this thing be carried as to destroy all conscious likeness between the child and other members of the family who are left tainted. Thus you can take a child whose natural tendency is to develop a moderate height, yet quite good breadth, to large development of muscle in the lower limbs and small in the upper, and, by Psycho-hygienic treatment, turn him right around, and make him develop conversely to the order of his own family. Thus you can take a child having a very large head, and, therefore, a predominant nervous organization, with small organic nervous force, and by proper training so change him that he shall have relatively a much larger organic nervous force than he had when you began; in which case you change entirely the order or style of growth which otherwise would have existed. A child with large head and feeble blood-making organs, cannot grow up into the same shape of man that he would if he had a large head with vigorous blood-making organs. If, then, you can contrive to direct vitality to the nu-

tritive organs, and so increase their power, you change outwardly the whole form of the person under operation. And if you change him outwardly you must change him inwardly; for nothing is more certain than that a man's intellectual and moral nature are dependent in their manifestation upon the style and quality of his physical organization. If, then, a short child can be made tall, and a slim, tall child can be made broad and less tall; if a weak child can be made strong by proper culture, and a child constitutionally strong can be made weak for want of it, as the facts may exist, so will these have to do with and affect both the order and quality of the intellectual and moral character he will show.

Every one knows that external circumstances produce differences in breeds of people. The English workingman of the present day, descended through twenty generations of ancestors holding substantially the same conditions to life, is a very different human being in all that goes to make him up characteristically from an English nobleman, who is himself a fair representative of his ancestors for a thousand years. When you bring the two together, they not only manifest different shades of character, but they manifest in their bodies an entire lack of consanguinity. They are both Englishmen, but for all the likeness which exists between them, one might as well have been born in Russia and the other in England, as to have both been born and reared on her soil.

I take this broad ground because I know it to be

true, and because, if I can make others believe it as certainly as I know it, a reform can be commenced in the rearing of children in this country which would pretty much abolish the mesenteric diseases now so prevalent with children and adults.

Whenever, therefore, any form of mesenteric or scrofulous inflammation, whether active or passive, shows itself in any person, the only successful and effectual remedy is to set to work to reconstitutionalize the subject. All the drugs in the world will do no good; they only help to kill. A complete revolutionary, radical, reformatory process must be set at work. Where inflammation shows itself, as it does oftentimes in enlargement of the mesenteric glands, attended with soreness of the bowels involving the peritoneum, the inflammation must not only be reduced, but the habits of the person must be so changed that his blood-making organs will be additionally vitalized, and so invigorated that out of a given quantity of food they shall be able to make better blood and more of it than before. When this process is begun then restoration is begun; until it is there is no cure, whatever skillful patchwork may do.

To do this three things are necessary: First, raw material of the right kind must be found, out of which to make healthy blood; second, vitality must be used expertly, no more of it being involved in the process of changing food into blood, in distributing blood, and in organizing it into the various tissues than is actually necessary; third, no more vitality must be used in

breaking up tissues, carrying off waste matters, and keeping the body in good health than is necessary. Take all the hygienic agents, whatever they may be, and make them operate in this direction, and to the degree that you are successful in combining them will you produce the result.

Of foods for mesenteric patients, or for persons predisposed to mesenteric disease, wheat is the best article known to man. Of drinks, soft water is better than any other thing. Next to wheat stands the other grains, of which, however, corn and buckwheat are the most objectionable; oats, rye and barley being better. Hard water should not be habitually drunk by a person of scrofulous diathesis suffering from actual mesenteric disease. Flesh-meats are essentially bad for scrofulous persons of every grade, shade and age. The disease is such as necessarily to contra-indicate their use. Sub-acid fruits are next best to the grains, only a few vegetables ranking highly as nutrients to such persons. Cow's milk united with bread of unbolted wheat meal is one of the best foods for scrofulous persons, either children or adults, which I know. Some of the most desperate looking cases of scrofulous children have been cured at "Our Home" after every resource had failed their parents, by putting them upon a diet of milk and wheat meal, boiled together in the form of a gruel, feeding them quite moderately at first, but increasing the quantity as they improved in appetite and in digestion. Water baths in all cases of scrofula are essential, to be mildly administered, and rather of a tonic character.

In acute mesenteric inflammation, fomentations are of very great advantage, followed always, of course, by cold applications over the part fomented. Injections of tepid water are also valuable. Sitz-baths taken every other day with dripping sheets are good.

In cases of chronic mesenteric inflammation, the abdominal wet compress is of prime importance, so is the injection into the body of cool water, so also is drinking largely of cool water which is soft, the taking of packs followed by dripping sheets, and sitz-baths of a tonic character on alternate days.

Where the abdomen is not too sore and the strength of the patient will allow, whether man or woman, horseback-riding, man-fashion, is of great value. I was instrumental in assisting a very feeble bowel-consumptive to health, by inducing him to take a journey of five hundred miles on horseback. He did nothing but that, different from what he had been doing for himself at home for three years. Before he got over his five hundred miles—for he was not able to ride more than three miles a day when he first began, and at no time more than fifteen to twenty miles at best—he was so improved that in one year thereafter he was in excellent health.

I was successful in assisting to health the wife of a gentleman who herself had long been afflicted with chronic mesenteric inflammation, by processes which were very simple, including, of course, careful diet and proper cleanliness of skin with regularity of habit in various directions, and horseback riding astride. It was

rather a delicate thing to do in the community where she lived ; but it was life or death with her, and she had such faith in my suggestions that she consented, and her improvement was so great as actually to rejoice those who knew her, to that degree that their opposition to the means employed was entirely silenced.

Give to Nature the scrofulous children in this country, and let her have them to train and to treat, and they need not and will not die till their time comes.

CHAPTER XLV.

DISEASES OF THE KIDNEYS.

THESE organs, as is generally understood, lie in the body just above the small of the back on the back side of the body. Their shape is oblong-oval; their main function is to secrete urine, and by two tubes called ureters to carry it to the bladder, whence it is ejected by urination. Under common and fair habits of living, the kidneys seldom become diseased. I doubt, except from injury, whether they would be so, unless in persons exceedingly scrofulous, were water the only beverage, and grains, fruits and vegetables the only aliments eaten. Where persons, however, live on animal food largely, and use along with it spices, and especially common salt freely; where they drink heating drinks, either narcotic or stimulant, and live badly other ways, taking for every little ailment which they may have powerful drastic purgatives or other drug-medicines, these organs almost always become deranged, and do their full share in inducing morbid conditions of other organs. A great many persons who die of pulmonary consumption, of bronchial consumption, of chronic bronchitis, of asthma, of derangements of the stomach, amounting in some instances to cancerous conditions,

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of diseases of the heart, occasionally of diseases of the brain, and of diseases of the lower bowels and the bladder, have had derangements of these organs instituted and carried to their final consummation from condition of the kidneys.

The most ordinary form of disease of these organs is what is called congestion of the kidneys. This will be found to exist in much larger proportion amongst women than amongst men, owing, as I think to their habitual bad style of dress, there being much compression on the body over the kidneys. I think that a large proportion of all the women whom I have ever had to treat, no matter how complicated their ailments, have had congestion of the kidneys. I think two-thirds of all the persons who were suffering, or supposed to be suffering, from derangements of the uterus, were suffering also from derangements of the kidneys and lower bowel. I doubt not that this is as truly the case with all the women who suppose themselves to have, and are generally treated by medical men as having, some form of derangement of the uterus. In a great many instances disease of the kidneys simulates disease of the uterus. The pain is where women often complain of having pain, when they think or are told that they have uterine displacement. A great many women have come under my professional notice as having retroversion of the uterus, when nothing ailed them but chronic congestion of the kidneys. I think it well worth the while of professional men to pay more attention in their diagnoses to the kidneys,

especially when women are their patients, than they are in the habit of doing. Because, owing to the kind of life which women live, the work they do—which is generally done in a partially stooping posture, such as cooking, washing dishes, setting tables, cleaning rooms, keeping house in order, tending children if they have them, making beds and so on—by reason of the ligatures around the waist and the hips the venous circulation is impeded, the blood being hindered on its passage upward to the heart, and so congestion takes place, producing a group of symptoms readily understandable if one turns his attention that way, but as readily to be misunderstood unless the attention be directed to these organs.

A moment's reflection will convince even an unprofessional person that the kidneys hold a very important position in the organism, and are intended to serve a very important function in the preservation of the health of the body. They are so located as to be easily subjected to disturbance and positive injury, nothing protecting them from external injury but the soft muscular parts which superficially overlie them. Small pressure here, long-continued, can be productive of great and lasting injury to them, so far, at least, as respects anything like healthy functional action. When they are diseased, no matter from what cause, the secondary complications are quite frequently permanently damaging to the health of the person suffering therefrom, and, I might say, almost as frequently destructive to life. The Psycho-hygienic practice of living would

prevent much of this, because it would impose on persons essentially such a style of living as would be of great service in maintaining health, and so in preventing disease; and wherever this was carried out the kidneys would have all the benefit of the course pursued.

Congestion of the kidneys, if the same causes that produce it are permitted to operate, is likely to pass, sooner or later, into inflammation of the kidneys, which in the outset is acute, and is a very painful and dangerous disease; but which if in the main it is reduced still exists in the form of chronic or passive inflammation of the kidneys.

Where acute inflammation of the kidneys exists, it is attended by the following symptoms: rigors, shivers, or decided chills, incapacity to lie on the side of the kidney diseased—for it is seldom if ever, except from injuries, that both kidneys are inflamed at the same time—a disposition to urinate frequently, but with no power to do so; sharp darting pains along the track of the ureters into the neck of the bladder; severe pain in the direction of the lower bowels, terminating in the bowel at the anus, and in the bladder at the outer termination of the urethra. General fever is always a concomitant of inflammation of the kidneys.

When the disease is treated unskillfully, metastatic or substituted action takes place, and the kidneys are relieved thereby, the stomach or liver or lungs or throat being affected. It is never good practice to set up this metastatic action. Sometimes where strong

sympathy exists between the diseased organ and one not diseased, the physician finds it favorable to the recovery of the patient to have substitutive action induced. Thus one may have a very bad condition of liver from which he can only be relieved by having it transferred to the skin: thus one may have a very bad condition of the lungs from which he can only be relieved by having it transferred to the bowels: thus one may have a very bad condition of the stomach from which he can only be relieved by having it transferred to the lining membrane of the nostrils, and so on. Where disease of the kidneys exists of such a kind as to render it imperative, nature herself will set up a metastatic action, taking the disease away from the kidneys and fixing or fastening it on to some other organ, thus allowing the kidneys to recover their natural condition, and ultimately the substituted organ also to recover its health.

As a general practice, however, it is better to treat directly the organ diseased. Whatever be the manifestation it puts on, let that be the guide to the treatment of it. If, then, the symptoms are such as to show acute congestion, acute inflammation or chronic inflammation of the kidneys, let them be treated directly as well as indirectly. Of course to the degree that there is involvement of other organs, or of the body at large, should the treatment correspond to such complication. Hence, as there is almost always in acute congestion of the kidneys general fever, wet-sheet packing of the whole body will be found to be very serviceable. As

there is also more or less likelihood of involvement of the liver, lower bowels and genital organs, these should have also proper treatment. For such involvements the half-wet-sheet pack, and the sitz-bath at 85°, tepid injections, hot fomentations, followed by cold compresses, as the symptoms may indicate, will be found very serviceable.

If there be pain in the head, more likely than not it is because the circulation is too great in the blood-vessels of the brain. When this is the case, coldness of the feet will be an accompaniment, and almost always sweatiness of the palms of the hands. Under such circumstances, frequent ablutions of warm or cold water will be found very serviceable.

When, under chronic inflammation of the kidneys, bronchial symptoms are seen to exist, or a dry, hacking cough, then there should be general treatment given, because then the stomach, liver, lungs, or circulation at large, and the nervous system are all involved, and what may be termed constitutional treatment is then as necessary as mere local treatment would be under acute and limited disease of these organs.

Where there is scantiness of urine, natural diuretics are of service. Of these, none are so good as sub-acid fruits in the way of foods, and none so good in the way of drink as pure soft water. I have had some diseases of the kidneys of a very marked character to treat, wherein the persons suffering from them were greatly and almost immediately relieved by the free use of soft water.

DIABETES.—There is a form of disease of the kidneys commonly known as diabetes, which term is derived from a Greek word, meaning to pass through. It commonly is understood to mean excessive flow of urine. It is acknowledged by physicians to be one of the most difficult diseases to cure with which they are called to deal. In fact, I think it is regarded by them, on the whole, as the most difficult of any. I notice that in all medical books of the different schools, written to illustrate their styles of practice, it is set down as a disease which, when once fairly established, is regarded by them as incurable. Like advanced pulmonary consumption, they know of nothing which will serve as an effectual corrective or curative. I think that I have been able, under the Psycho-hygienic practice, thoroughly to demonstrate the fallacy of such conclusion. I am sure I have if my practice has been sufficiently extensive to justify my drawing conclusions therefrom with reference to the curability of the disease.

I have had, in twenty years practice, between forty and fifty cases of well-marked diabetes, if by this is meant excessive flow of sweet or sour urine, accompanied by dryness of skin, great thirst, emaciation, purplish-colored finger-nails at the roots, or curling up of the toe-nails, scanty feces, voracious appetite, very dry and rough condition of the hair, unpleasant dreams when asleep, irritability of temper when awake, petulance or fault-finding under little provocation, or else, instead, a dullness and stupor of mind. If these symptoms are such as commonly accompany diabetes, then

the cases which I have had to treat were clearly forms of this disease.

Of the whole number treated by me, not more than three were original cases; all the others had been in the hands of other physicians. The majority of the whole number had each had the services of several physicians of different schools. Only in a few cases had there seemed to be any improvement, as far as each patient for himself could judge.

Whether it is true as a general fact or not, it has been true with me, that nine-tenths of those whom I have had to treat have been men, certainly not more than one in ten, women. In many statistics which I have been able to gather up by my reading, I get no light in the matter, no hospital accounts, nor statements of private practitioners mentioning the relative proportion of men and women suffering from the disease, who have been treated therein or thereby. In some cases of persons who put themselves under my care, the disease had existed two or three years. Many of them were of a very interesting nature. I will take the liberty to mention two or three.

One was the case of a man about forty-six years of age, who had had the disease about eight months, during which time he had been in the hands, first of an allopathic physician, who at last said he could do him no good. While under his management he took great quantities of medicine, of the nature of which he knew nothing. He then employed a homeopathic physician, who treated him about an equal length of time to no

benefit. He then tried a clairvoyant, who was certain he could cure him, but failed. As a last resort, he sought my assistance. I found him a skeleton, making from eight to ten quarts of water in twenty-four hours, making much more, however, during the night than during the day, and much more when recumbent than when sitting, and much more, though recumbent, when asleep than awake. The urine was secreted into the bladder in such quantities as to fill it in a very little while. When he was asleep, if it became filled, the principle of the syphon was set at work and it overflowed, passing from him involuntarily. This was so disagreeable and offensive that he had to have a reservoir of India-rubber, which was affixed to his body when he lay down, so that when the water ran out it would empty into this reservoir, which was large enough to hold all that flowed into it during the time of his sleeping. He was suffering from an overpowering thirst; had been denied almost entirely the use of water, and had been kept upon fresh meat exclusively as a diet, or nearly so. His skin was dry and scaly; he had an evacuation of the bowels only once in 3 or 4 days, unless produced by cathartic medicines. The man was as wretched a looking object as one could readily find.

It was summer-time when he came to me. I examined him in my office, close by which there was running soft water. The murmur of it as it flowed along reached his ear, and he turned around and said:

“Oh, you cannot tell how much I would give for all the water I could drink!”

I said to him, "You may have all the water you want; go out there and drink your fill."

He rose out of his chair and said, "Are you in *earnest*?"

"Yes," said I; "drink all you want."

I watched him as he went to the spring, and he took the dipper and filled it and drank, and filled and drank, and filled and drank, until I myself became almost frightened at the quantities he was taking into his stomach; but I said, "I will risk it."

When he had drunk all he wanted, he came back and said, "You are the blessedest man I have seen since I was sick. I have not drunk as much water in six months, I believe, put it all together, as I have drunk within three minutes."

That night I gave him a half-bath, scouring and scrubbing his skin until the water in which he sat was covered with flakes of cuticle, as if you had scattered wheat bran into it. I could not make him lie down in our bed, because he said he was afraid, having drunk so much water, he should urinate a great deal more than usual, and he should very likely wet the bed, and spoil it. But I said, "No," to that view. "You are less likely to urinate freely than if you had not drunk. I think you will be more likely to sweat, and if so, to make less water." But he insisted on sitting up in the rocking-chair. So we fixed him for the night, and left him, and at midnight he began to sweat—sweat profusely, making, however, a good deal more water than usual, but the next morning feeling better as far as thirst was concerned.

I gave him for breakfast unleavened bread and pudding, with a little sub-acid fruit. On that day I packed him, gave him a half-bath after it, and at night gave him a sitz-bath of a mild temperature for three-quarters of an hour, put around him wet compresses, and let him have all the water he wanted to drink.

It was with difficulty that he could walk half a mile when he came to me. In fourteen days he had gained fourteen pounds; his urination had dropped down to two quarts a day, or thereabouts, and he walked four miles. In six weeks from that time he was a hale, hearty, healthy man to all appearance, carrying on his business at home on his farm, with alacrity and cheerfulness, and for years after that was as free from that, or any other disease, as any man in his neighborhood. He said, in speaking of his case to me, that he felt new life, as it were, infused into him while he was drinking his first draught of soft water at our spring.

Another case was that of a gentleman residing in New Hampshire, who had incipient diabetes, or what perhaps might be called inordinate urination. His disease had not progressed so far as the case related above, but had gotten along where from four to six quarts of water were made in a day. I examined him, and told him I thought he could be helped without much difficulty, and placed him under treatment, giving him packs, sitz-baths, dripping-sheets, abdominal bandages, enemas, and making his diet to consist entirely of unleavened bread or pudding, made of unbolted wheat

meal and water, with a little sub-acid fruit, and plenty of soft water as a drink. In sixty days he was thoroughly well.

His case was a marvellous one in this respect, that he weighed two hundred and four pounds when he came to me, and he went away weighing one hundred and fifty-five pounds, and yet his urinary excretions had lessened from the very great quantity made daily to those of an ordinary healthy man.

In treating diabetes, and, in fact, all forms of incontinence of urine, I have never found so good food as wheat meal, or what we term Graham flour. I doubt whether there is an edible substance in the world so well calculated to restore the blood to natural conditions, and the kidneys to healthy action, as wheat bran. I think one of the best drinks for a diabetic patient would be a decoction of bran; say, pour hot water upon it, and let it stand until it gets cold, and then, putting in the juice of some sub-acid fruit just to acidulate it a trifle, let him drink it. But I prefer to have the person eat bran as food in the proportions which it sustains to the glutinous parts of wheat, the whole of the wheat being made into bread and pudding, and the person eating these as food and drinking soft water as a drink. I am satisfied that the treatment of diabetes by physicians, generally, is entirely indefensible from the dietetic point of view.

A diabetic patient should have all the water he wants to drink, no matter how much, once accustomed to its use; should eat not more than twice a day, better in

many instances if not more than once a day, and should be confined to farinaceous and fruit foods. Meat he should let entirely alone. Vegetables he would do better without.

I know that in this I run counter to the general opinion of medical men, but with all due respect to them, I must be permitted to say that I have not great confidence in their opinions, because these are not formed from original observation and experiment, but are adopted and followed after routine. What one man has tried and recommends in a book, some other man tries, accepting it as the only true method of treatment. Their opinions uttered in this form of reiteration, I do not count as worth much. I believe that if once the idea that flesh meat was the best kind of food for persons suffering from diabetes were questioned, the result would be an entire change of front with reference thereto. I am glad to be able to say that a distinguished English physician has admitted that he has found in his treatment that bread made of wheat bran is one of the best foods that a diabetic patient can eat. Whoever has this disease, or any other form of kidney disease, should not on any occasion nor on any account use hard water. It is as bad to drink hard water in such a case, as it is to drink alcoholic liquors. All wines and spirituous liquors of every kind are to be avoided. All the ordinary table beverages are to be dispensed with. The drink should be soft water and nothing else, unless it should be so prepared as to constitute food as well as drink, in which case I think

water gruel made of wheat meal constitutes the best possible food and drink combined.

GRAVEL.—This is a disease of the kidneys caused by small calculous concretions which, forming in the kidneys, are passed along the ureter to the bladder, and are there passed out through the urethra. In many instances these concretions become so large as to render it difficult for them to be passed along the track of the urethra, and whenever this is the case the patient suffers very great pain.

In numbers of cases which I have had to treat, I have found that while in the usual conditions the patient would have to suffer very great pain, injections of warm water into the bowels, or the application of hot fomentations over the kidneys and bladder, or the immersing of the body in a warm sitz-bath, with a warm foot-bath, would induce very great temporary relief.

In a few instances I have noticed this effect, that where the person was permitted to endure the suffering, nothing being done to relieve him, and thus pass the stone under active urination, that by giving him a warm bath not only was great relief insured, as compared with the suffering he had to undergo when nothing was done, but in such case the stones seemed to be triturated, or ground into fine sand, and thus were passed in the urine with comparatively little pain.

If persons who suffer from gravel want to be cured of it, the best remedy is the prophylactic or the pre-

ventive remedy. It is not difficult at all to cure the disease so that one who has had it for years shall have no more of it. To do this, however, the remedy must be preventive; for, though you do cure such person by Psycho-hygienic treatment, you cannot keep him cured unless you keep up the Psycho-hygienic methods of living.

To illustrate: take a patient having gravel; treat him after my methods; cure him; let him go home and eat and drink as he had been accustomed to do before going under treatment, and the disease will come back. But put him under the Psycho-hygienic treatment, and cure him, and send him home to live Psycho-hygienically, and he never will have the gravel again. The disease is caused by bad food and drink. Abandon these, and use proper food and drink, and once relieved from it one will never have more of it.

Now, flesh meats and hard water are the predisposing, and not infrequently the provoking, causes to gravel. The best foods in the world are farinaceous, vegetable and fruit foods; the only proper drink is soft water. It would seem that one might know by first impression that having calculous formations in the kidneys he should not use hard water.

Within three miles of me, as I am now writing, lives a man who, about two years ago, came to me for consultation. He had had several attacks of gravel, the last one almost killing him. His physician seemed not to know what to do for him; had exhausted his remedies; so, at his wife's solicitation, he came to me.

He is a rich farmer, but an active, energetic, enterprising, hard-working man. He had eaten and drunk what seemed good to him ; had not, up to the time of his calling on me, been told that it was bad for him to eat and drink as he had done. I made a diagnosis of his case ; made him out a prescription and sent him home. Fortunately for him he accepted my view of his case most heartily, and carried out my prescription. Six months passed before I heard from him ; he then wrote to me telling me how he was ; that he had not had a return of the attack ; had gained flesh ; his dizziness of head had left him, and his bowels had become regular. At the end of the year he was a new man. It is now two years, or nearly, and he has had no sign nor symptom of a recurrence of the disease ; is hearty and healthy. I did nothing for him but to recommend the use of hygienic diet and drink ; to wear a wet bandage all round his body night and day, keep his bowels open, skin clean, and not work hard : so simple and yet so effective is the Psycho-hygienic treatment. When I last saw him he said that if a man would give him a good farm he would not accept it to part with the knowledge how to keep well which his fifteen minutes' conversation with me furnished him ; that he had never known in his whole life his health to be better, if as good as then.

Many persons who suffer from gravel do so because of the hard water which they use, not living where soft water springs can be had. But this is no excuse ; for all over the United States it rains, and water can

be caught in pails, barrels, hogsheads, cisterns and troughs, and then filtered, and thus be perfectly good to drink. All persons who use hard water, no matter what earthy salt may be held in suspension in it to make it hard, are without excuse. Water with lime in it, alum in it, sulphur in it, or any kind of salt which makes it hard, is *unfit to drink at all*, and is not to be drunk except in extreme cases where thirst is to be quenched, and nothing else can be got at the time.

CHAPTER XLVI.

BRIGHT'S DISEASE OF THE KIDNEYS.

THIS disease is not very common with the American people, especially that portion who are to be considered as, in the main, temperate and moral in their habits. Unless injury is inflicted on the kidneys by contusions or falls, there is little danger that the disease will show itself in any person whose general habits of life are temperate. But where persons live intemperately, as by gluttony, or by the use of alcoholic liquors or drug-poisons, the disease does show itself, and is, as a general thing, incurable from its first obvious manifestations; for it is an occult disease, not sensibly affecting the kidneys until they are organically or structurally diseased so far as to render cure difficult.

The disease may be classed among the dropsies, and may be called dropsy of the kidneys. It consists in a fatty degeneration of the structure of the kidneys, or what is sometimes called fatty granulation. The symptoms of the disease in its earlier stages are so much like those which are seen in diseases of the liver and the lower bowel, or which are sometimes seen in nervous dyspepsia as to mislead the patient and the practitioner as to its nature. Thus, in many instances,

where there is obstructed liver, the patient will suffer from pain across the small of the back, or pain low down in front, with a desire to make urine quite frequently; and were the physician finding these symptoms to say that the patient was suffering from "liver complaint," he would diagnosticate the case rightly; but just such symptoms in early stages would show themselves in Bright's disease of the kidneys. As disease of the liver in some form or other of it is much more common to the people of the United States than Bright's disease of the kidneys is, any practicing physician is therefore more likely to be familiar with the symptoms of that than of this disease. So when called to a patient, if certain symptoms which show themselves in both of these diseases in early stages are present, being much more familiar with disease of the liver than with this form of disease of the kidneys, the physician would diagnosticate the case as disease of the liver. Should he do so, and proceed to treat the patient accordingly, he would make a mistake, and instead of doing him good would do him harm, if in no other way, by failing to discern the true state of the case, and so let the disease go on untouched by any remedies which he might administer.

From this cause alone it is more difficult to treat this form of disease of the kidneys than any other disease, except some diseases of the heart, with which physicians have to deal. I doubt whether there is a single morbid manifestation that the human body usually takes, or may take on, the symptoms of which

are so peculiar, and therefore so likely to mislead, as Bright's disease of the kidneys. It seems to me, from what little experience I have had in the matter, and from what knowledge I have been able to get by conversing with other physicians, and by reading, that this is one reason why the disease has come to be regarded by all physicians as essentially incurable; for one cannot know whether the kidneys are diseased or not until the disease has become structural instead of functional. It is therefore very difficult to be able to cure it.

I have never had but four cases to treat, in two of which the disease was incipient. Happening to make a correct diagnosis at the outset, I was successful in overcoming the difficulty. In the other two cases, the disease had passed beyond all help, the persons having already become so skeletony as to have little or no nutrient power, and having also fever and night-sweats, with incontinence of urine at times.

My advice, therefore, to any person having symptoms like the following, is to place himself, as soon as these appear, under some Psycho-hygienic physician, and remain under his treatment until the symptoms entirely disappear: Pain in the small of the back, now on one side then on the other; pain in making water accompanied by frequent desire to urinate when there is but little secretion in the bladder; pain along down inside of the legs to the heels, and chilliness of the lower extremities; great sensitiveness to cold across the small of the back; pain in the morning in the back of the neck, especially in the back of the head low down;

chills always when sitting where a current of air can blow upon the back ; dyspeptic conditions soon after eating ; constipation of bowels to-day, to be followed by looseness to-morrow ; restlessness in the night, waking up frequently, and having sharp, darting pains across the small of the back ; uncertainty of mental condition, such as great exhilaration and hilarity to-day and great depression and unusual taciturnity to-morrow ; indisposition to sit up straight ; disposition to put the hand around upon the small of the back ; soreness to the touch upon rubbing over the kidney. Such symptoms and their like are worthy of notice.

For treatment, I would suggest wet bandages over the stomach and abdomen night and day ; sitz-baths every day, of a temperature upon first going in and for a little while after—say five to ten minutes—as high as that of the blood, to be followed by a temperature as low as 85° , the patient to sit in thereafter fifteen to twenty minutes ; injections of tepid water up the bowel every day, no matter whether a movement be had or not ; a most liberal use of soft water as a drink free from any commixture, no other beverage being drunk ; a farinaceous and fruit diet, the coarser vegetables being unused ; general ablutions as often as twice a week, riding in a carriage for exercise rather than walking ; a cheerful, sunny, social life, having good true-hearted, pleasant, agreeable friends ; a reverent and pious, but not superstitious, state of mind ; plenty of sleep ; food only twice in twenty-four hours ; dressing of the limbs so warmly as to protect them from

cold ; loose dressing so as utterly to prevent obstruction to the circulation of the blood ; sexual continence entire while under treatment, and entire avoidance of drug-medicines.

Such would be the general regimen which I would mark out. But I do not think that any person having disease of the kidneys of any sort is justified in trying to cure himself, provided he is so situated as to be able to consult and obtain the medical oversight and care of a good Psycho-hygienic physician ; because, as I have said, the disease is only curable when taken in its early stages, and also, because even in its early stages, the mind of the patient is apt to be so affected as to render his own judgment of what is best to be done unreliable. He therefore needs to place his case in the hands of some skillful and disinterested observer, who can apply the Psycho-hygienic treatment to advantage.

URINARY DISEASE.—The urine, as everybody knows, is a fluid secreted from the blood. It is composed of excrementitious matter which, in order to the health of the body, it is necessary should be cast out of it. In all vertebrated animals, the bladder, therefore, is to be found, it being a cyst or bag into which the excrementitious matters held in suspension in the water of the blood are carried, and thereby cast out in the act of urination. From the very fact that the fluid is excrementitious, it is impossible in all cases to determine by it what the morbid conditions of the body at large may be. There is a class of physicians who style

themselves Uroscopic doctors, who claim that they can, by the examination of the urine of any person, tell whether he is in health or sickness, and if sick, what is the disease under which he labors. In my earlier practice I gave a good deal of attention to the theory which these physicians set up, analyzing the urine of hundreds of persons, undertaking thereby to determine the nature of the diseases under which they suffered. But I found that the basis for diagnosis was altogether too narrow. And while it is true that one may, in many instances, come to very safe general conclusions in regard to the diseases under which certain persons suffer, the diagnostic basis is altogether too incomprehensive for general practice. The Uroscopians, therefore, have necessarily to confine themselves to special diseases, and hence cannot rise to eminence in general practice. For diseases of the liver, kidneys and bladder, the Uroscopic theory presents some advantageous considerations; but, on the whole, cannot be worthy of the regard which is claimed for it by its advocates.

As far as my own practice has gone, I have found that urinary diseases, as a general thing, are secondary, the bladder and its adjunctive structures being unlikely to take on diseases belonging exclusively to itself and them. Idiopathic diseases therefore of the bladder and its auxiliary structures are seldom seen, unless arising from mechanical or physical injuries.

More likely than otherwise, then, when there is disease of the bladder it is to be found as arising in, and dependent upon, disease of some other organs. One

of the most common causes of urinary diseases is disease of the blood. When the blood is apparently healthy or ordinarily healthy, urinary disease will scarcely ever be found to exist, except from mechanical injuries of the bladder or its immediate auxiliaries.

Inflammation of the bladder is generally a disease of its mucous lining. Disease of the neck of the bladder is either congestion, or inflammation, or suppuration of it. Where disease of the neck of the bladder exists, whether in congestion, or passive, or active inflammation of it, disease of the urethra or the canal through which the urine passes to expulsion is likely to exist. Many persons suffer from painful urination, the sensibility being at the outer termination of the urinary passage. This almost always indicates irritation or inflammation of the neck of the bladder.

Aside from injuries, no person need have disease of the urinary organs, provided he lives within the line of temperateness in food and drink, and keeps the other organs of his body in such natural conditions as that they shall perform their functions properly. I do not think one person in five hundred thousand ever had disease of the urinary organs if he lived so as to keep the other organs of his body in anything like fair health. But where one eats like a glutton and drinks like a debauchee; where he dresses so as to check the external circulation, and relates himself to the action of the bowels so that these shall become necessarily unhealthy; where sedentary habits exist and imperfect clothing of the lower limbs is had, and care and anxiety are con-

stantly affecting his mental and moral nature, urinary diseases may arise ; and under such circumstances oftener than from any other set of causes *do* arise.

What one wants, therefore, to do in the way of prevention, is to live hygienically, and whenever a case of disease of the urinary organs is clearly manifest, what one wants to do for its cure is to be treated Psycho-hygienically.

For inflammation of the bladder, when it is active or acute, one of the best things to be done is, having given the patient a thorough ablution, accompanied with good hand dry-rubbing, to put him upon a nitrogenous diet, keeping out of his food carbonaceous or heat-forming substances, to give him soft water to drink, and this only ; to make him take a recumbent posture, and in the main to keep it ; to lay upon his bowels over the bladder hot fomentation cloths, and keep them on until the pain, if it be acute, has sensibly subsided ; then to keep upon him cool compresses all the time—if he can bear them all around so much the better ; to give him sitz-baths two or three times in twenty-four hours, while the acute manifestations exist, and the colder these are, up to the point where they do not feel uncomfortable, the better for him ; to keep his feet warm by frequent rubbing of the hand, aiding the circulation, or else by wrapping them in heated flannels ; to keep his head cool, and especially the back part of it, having preparations so made as to be able to lay wet, ice-cold cloths right in the nape of his neck once or twice a day ; also to rub the whole length of his spine with ice-cold cloths,

determining the circulation to the skin, and answering the ends of cupping; if this cannot be done by the application of cold cloths alone, then to have hot cloths laid up and down the back-bone, as hot as he can bear them, followed by cloths as cold as ice-water can make them, thus changing the circulation both of the blood-vessels and of the nervous system as much as may be. For where inflammation of the bladder comes on suddenly, being an acute disease it must be broken up as soon as it can be, even at the risk of some strain to the constitutional vigor of the patient. But where the disease exists in chronic form, having been long preceded by continued congestion of the bladder, either of its body or its neck only, and so has come at length to take on what might be termed passive inflammation, then there is less necessity for immediate executive results, in which case the better plan is to treat the patient generally as well as locally.

Where chronic inflammation of the bladder exists, I have always found the wet-sheet pack to be one of the best remedial instrumentalities I ever used. In truth, if you can get up a very active cutaneous excretion, relief to the patient becomes almost immediately sensible, and though such relief does not argue positive cure, it does argue positive curability, and is a source of very great conscious comfort to the sufferer; for to carry about with one consciously such condition of the bladder as passive inflammation of it often establishes, is to be in about as uncomfortable a physical condition as one can be placed from any disease of any organ.

or organs of his body, where great and painful suffering is a constant attendant.

In women, irritability of the bladder is quite common, and is indicated by a desire to pass urine frequently in many instances, which, when done, causes a painful sensation, sometimes extremely so. This condition, I doubt not, arises largely from their style of dress, which produces mechanical displacement of the contents of the abdomen, pushing the bowels down so as to affect the natural and healthy relations of the organs of the pelvis, of which the bladder is one. Whenever such mechanical pressure is produced and continued for a long time, more or less of displacement results, and the bladder is made to suffer thereby.

Where, however, this cause does not exist to produce the irritability, and the consequent desire to frequent urination, other conditions of living belonging to woman help to create it. The confinement to house life; the frequent bearing and nursing of children; the anxiety which is ever present with married women with reference to the management of their households, producing, when connected with their dietetic habits, hysterical conditions, serve to cause this disease.

Where women are of the nervous temperament, and naturally, therefore, of weak, irritable and anxious disposition, they are predisposed to the disease. So, also, are those who are liable to be afflicted with nervous dyspepsia or vertigo, and especially those who are liable to chronic cutaneous eruptions. Often it exists in women who are pregnant, and arises from the pressure

upon the bladder, caused by their being with child. It also oftentimes may arise from piles, or from irritation in the lower bowel by small worms. Dysentery sometimes causes it, but, on the whole, more frequent causes are those which are to be referred to the state of the urine, arising, as a distinguished physician thinks, "From the nature of the ingesta, or from the changes consequent upon primary or secondary assimilation of them." Dr. Prout observes that "Causes of irritability of bladder depend on functional derangement of the kidneys, usually resulting from the unnatural properties of the urine. Deviations from the normal condition of the urine, whether in deficiency or in excess, are recognized by the concomitant organs, and may prove a source of irritation in the bladder." Dr. Copland says that "The use of unripe fruits, especially by children, and often by adults, frequently occasions the complaint." He also says that gonorrhœa and masturbation are among the most frequent causes of irritability of bladder.

My own observation has led me to feel that however varied and influential may be the causes producing irritability of the bladder, all others put together do not equal in influence and importance those which arise from the use of drug-medicaments. All the drastic purgatives which are prescribed by allopathic physicians tend directly to cause irritability of this organ. All the class of diuretics particularly are so calculated, and whenever I find a patient of mine to have fixed irritability of the bladder, I am quite as much disposed

to search for the cause, direct or remote, in the use of some drug-poison which he has been taking, or is taking, as in any other direction.

My practice, therefore, with this disease, even when it is seen in the form of incontinence of urine in children, or indicated by the want of power to retain urine in any considerable quantity by adults, is so to change the action of the general system as to remove, as far as may be, the more obvious causes of irritation. Hence, a change in regimen is of great import. I should never think of allowing a patient of mine who had irritability of bladder, and who wanted to urinate every half hour, or as often as every two hours, to eat flesh meats at all; nor should I permit him under any circumstances, except such as should be adjudged purely transitional, to use common salt. The use of this substance, I think, is very provocative of the disease; and wherever the disease exists, while it is used it utterly precludes cure.

I recollect not long since of meeting a gentleman who was troubled with irritability of bladder, not being able to contain more than a gill, and generally not more than half a gill of urine without being painfully desirous to micturate; a man of pretty full habit of body, living highly, and therefore having a good deal of waste matter in twenty-four hours to pass out of his system through this great excretory. He had either to undergo great pain, or else to pass water as often as once an hour, or not infrequently, under great mental excitement, as often as once in thirty minutes.

He had consulted various physicians, and they had foolishly given him diuretics, supposing, in their mistaken notions of his case, that what ailed him was a want of secretion of urine. He got no relief from them. Under the use of some of their medicines he was made worse. Meeting him, he begged the privilege of stating his case to me, saying that although he didn't know much about my methods of treatment, he had heard of me frequently, and would like to state his case to me. I said to him I would be very glad to give him any information or advice that I could. So he told me how he was affected.

Curious enough, although he was quite a user of spirituous liquors, a great tobacco chewer; was not, by any means, sexually continent, and approximated nearly to the state of the glutton in the indulgence of his appetite for food, my suspicions, under his description of his case, were awakened, particularly with respect to his use of common salt, and so I said to him:

"Do you use common salt?"

"Well, yes," said he, "I eat quite moderately of salt."

"How much do you eat?"

"Well," said he, "you know these little salt-cellars that are on the tables of hotels; I suppose I eat two or three of those full at a meal."

Now, that any man should do so and yet think that he did not eat *much* salt, surprised me. I said to him, "I think you will find yourself greatly relieved by a substantial disuse of salt; in fact, if you could do with-

out it entirely, I think in one month you would be very greatly benefited."

He said he could. And he did.

I saw him about three months after, and he came to me and took hold of my hand, and the tears stood in his eyes while he said—"You cured me. I do not suffer at all. I sleep all night. I have not eaten a teaspoonful of salt in ninety days."

The poor fellow had been suffering for years in this way, and the more he suffered, curious enough it was the more salt he had come to eat. In this case, the simple disuse of the irritating substance cured him.

I am very glad to be able to say that distinguished physicians of the allopathic school agree with me in their views of the hurtfulness of animal food, especially where persons have what is termed the gouty rheumatic and uric-acid diatheses; and that they also consider that malt liquors and spirits are still more injurious, and that wine is of no service whatever. *

I would here call attention to the fact that where irritability of the bladder exists in females, they should particularly defer the act of urination as long as possible. Advice given to a lady who consulted me on this subject resulted, in the course of a few months, in almost entire relief, she finding after a little that when the point of secretion of a certain quantity of urine in the bladder had been passed, desire to urinate grew less and less until the bladder became thoroughly filled, and then she could pass it with less pain than when there was only a small quantity secreted. This rather

encouraged her, and as soon as under her own determination to break up the habit of frequent urination she had succeeded, and established the habit of going longer, the disease was essentially mitigated.

CHAPTER XLVII.

NEURALGIA OF THE BLADDER, or what is termed spasms of the bladder, is a very painful affection. I myself have suffered from it, as I have from irritability of the bladder for many years, and from acute passive inflammation of that organ. I know what it is to have daily paroxysms, or every other day paroxysms of the bladder, occurring at about the same time in the day. The attack often begins with a sense of discomfort in the region of the perineum, attended with numbness or a tickling in the internal part, seeming as though it was just below the skin, gradually extending along backward to the anus, and then slowly changing into a painful itching, crawling sensation, as if just inside thereof there were worms crawling about. It is one of the most uncomfortable sensations that one ever suffers from a disease of this part. Sometimes the neuralgic pain passes along to the scrotum and rises up into the bowels, affecting the spermatic cords in the male, and in the female affecting the uterus. When the pain is severe, it also sometimes affects the sacral and lumbar regions. When the paroxysm passes off, it generally goes away gradually, leaving no other than a sense of soreness. This descrip-

tion of the case is made by various distinguished physicians, and it corresponds to my own observation, and, in fact, to my own personal experience.

When it goes so far as to pass into a positive spasm, resulting in a very sudden and painful attack in the region of the bladder, the treatment for it is fomentations on the outside, and injections up the bowel as warm as the patient can possibly bear. After the spasm has passed, cool tonic sitz-baths are valuable for it.

I shall never forget while I remember anything, how terribly I suffered at one period of my life from spasms of the neck of the bladder. My physician gave me everything to relieve me, but without curative effect, the spasms returning at stated intervals, and causing me, if possible, increased suffering at every new appearance. At last one doctor suggested the use of chloroform, and I was put under it. Relief was almost instantaneous, and this side, too, of loss of consciousness; but such an abnormal condition of mind was created as I never had under the influence of any other drug, and such, too, as gave me a very thoughtful experience. It led me to a settled opinion as to the effect of that anesthetic on my sexual system, and as to the moral effect on my consciousness. While under the influence of chloroform I became seized with the impression that a certain lady was taking improper liberties with me, and that impression—though I knew it not to be true because of the impossibility of its having been true—is just as strong on me to-day as

though it had been true; and whenever I think of it I can only think of it as having been true. I made up my mind, after the whole matter had passed by sufficiently long for me to reflect upon it, that I never could be made to believe under any circumstantial evidence the truth of an averment on the part of any person in respect to having been made the subject of improper liberties from another person while under the influence of chloroform.

I allude to this simply because it was, in my case, very suggestive as going to show that the charges which have been made at different times by different women of having had improper liberties taken with them by gentlemen who were performing dental operations for them while they were under the influence of chloroform might be altogether fictitious.

PARALYSIS OF THE BLADDER.—Whether this disease is partial or complete, it depends, in the language of a distinguished writer, “on loss of power, either originating in the organ itself, or affecting it, consequent upon injury or disease of the spinal cord or of the brain or of the other membranes.” It sometimes occurs as a consequence of low nervous fevers, or of typhoid fever of a debilitating character, and also of fever of a hectic type, and in organic diseases in their last stages. I think, however, that in cases of fever the disease seldom is exhibited, except where powerful drug-medicines are given remedially.

Where paralysis is complete, of course the power to

retain urine is lost ; the bladder, therefore, acts on the principle of the syphon, and when it is full the water runs out. For this disease there is no cure except in the restoration of the health of the general system.

Where the disease arises from old age, there is nothing to be done for it. Where it arises in middle age, being a result of impaired health, no matter how this is caused, if there is any possibility of the general health being restored, the bladder itself may recover its lost tone. So the treatment of it becomes, in the first place, constitutional, or with reference to the improvement of the general health, and in the next place, local. Some physicians think that in its treatment the local should precede the constitutional, mainly because of the great necessity there is of obtaining speedy relief. Where the treatment is to be constitutional, it must depend largely upon the peculiarities of the case, as these may present themselves to the consideration of the physician. I have found in some cases of it that tonic treatment, such as arises from falling-douche baths, succeeding the appliance of warm sitz-baths was of decided service.

There is a paralytic condition of the bladder, sometimes caused by masturbation, and where this exists the case is incurable except under moral influences of the most rigid and unintermitting kind.

Where there is a paralysis of the neck of the bladder, or relaxed state of it, as in the case of children, the best method of treatment for it is unstimulating diet, a hard bed to sleep on, accustoming the child to

but very little clothing over the body when asleep, life in the open air, vigorous general and local baths given daily, and regularity of habit in every direction.

INFLAMMATION OF THE COATS OF THE BLADDER.—This disease is technically described as cystitis. It is said more frequently to occur than otherwise upon one or other of the forms of inflammation of the mucous lining of the bladder. It is rarely a primary, but more commonly a consecutive disease. It is regarded by medical men as a severe and dangerous disease, and needs the promptest treatment.

Its symptoms are generally severe pain in the region of the os pubis, with an uneasy feeling in and around the perineum, with a bearing-down sensation of the lower bowel, and heat and irritating sensibility along the track of the urethra. The patient has frequent calls to pass urine. Sometimes the disease is occasioned by a sudden suspension of hemorrhoids, or, in women, of the menstrual flow, or of whites; but whatever may be the cause of it, it is a dangerous disease, and often runs its destructive course within three or four days; more commonly than otherwise before the end of the first week.

Medical men who have had much opportunity to know of it say, that it terminates either in what is called ulceration, or a modification of the symptoms of it, or it passes into a chronic stage, leaving tenderness in the region of the bladder with painful urination, or it ends in suppuration, and then oftener than

otherwise in an incurable, and, sooner or later, fatal disease.

Of those diseases of the bladder which are connected with deposits within its walls of a calculous formation, there is nothing in a work like this legitimate to say further than that when calculous formations have come to exist in any marked or noticeable degree, the case passes within the province of the surgeon.

How and why these depositions are formed may be considered a matter of some consequence, but a description of them would take up altogether too much space in this volume. I, therefore, have only to say with respect to them, that where they are not already formed there is no necessity of their being so, provided persons will regulate their dietetics and beverages according to the hygienic standard. The eating of proper food and the drinking of proper drink, is a sure preventive to anything like urinary calculi in the bladder.

An eminent physician says that "Sedentary habits and luxurious feeding are more or less influential, according as they may be associated with other causes, in occasioning urinary concretions. The former impairs very largely the functions of the skin, and prevents that amount of blood depletion, which these functions effect; the latter furnishes the pabulum from which urinary concretions are in a great part derived." When these habits exist with, or are joined to, a gouty diathesis, the occurrence of gravel or calculi is often observed, and much more remarkable when a meat diet

or stimulating liquors are indulged in. The evil produced by animal food used in excess—and many use it in excess—is a very forcible cause in the production of the disease. Highly nitrogenized animal diet furnishes a rich and abundant chyle, which, during its circulation in the blood through the several viscera, becomes oxydized and otherwise changed, and if proper eliminations are not attained by the kidneys, skin and mucous surface, the materials in the blood accumulate, and become highly animalized and morbid, occasioning serious diseases, among which gout and urinary concretions are the most common.

CHAPTER XLVIII.

W O R M S .

THERE are three kinds of worms which usually infest the human body. One is the long, round worm, generally, at full size, from twelve to fourteen inches in length ; another, an articulated worm, having joints in it, known in common phrase as the tape worm ; the third a small worm, not more than an inch in length.

The first inhabits the upper bowel, and sometimes the stomach, as instances are not infrequent of worms having crawled up the esophagus into the mouth. The second usually inhabits the upper part of the large bowel. The third inhabits the lower part of the large bowel.

The remedies usually applied for the cure of worms are called anthelmintics. They consist of substances which either destroy the worms by reason of the poisonous effects on them from their having absorbed the medicines into their structures ; or by stupifying them so that they are carried out of the body under the contractile action of the bowels in the process of defecation of them.

I have found no difficulty in curing adults by the Psycho-hygienic treatment, who have been troubled with long, round worms, or with pin-worms, though in some cases their presence in the bowels has been very afflictive and productive of great distress.

I recollect in one case where by simply changing the conditions of the nerves, and so of the circulation, I succeeded in expelling large quantities of worms from the bowels of an adult patient, in the course of thirty-six hours. My treatment consisted of an entire abstinence from food, drinking very largely of water, pouring cool water over the region of the stomach and bowels for the space of five or ten minutes, with hand-rubbing downward in the region of the descending colon, and injections of tepid water quite frequently. The result was that the worms were forced, under the defecatory action of the bowels, into the lower bowel, and then were washed out by heavy injections which were taken, so much water being thrown up the gut as to fill it full to the sigmoid flexure.

I once had a patient who was so troubled with worms that when she fell asleep they would crawl up the esophagus, and would almost choke her. In one instance when she was asleep one crawled into, and was pulled out of her mouth. The case baffled the skill of the physicians who had dealt in anthelmintics, but I cured her by taking away the food on which the worms lived, and by subjecting her to a mild course of hydropathic treatment, keeping up a good condition of the skin, and putting her upon a farinaceous diet, and of the smallest

possible quantity which she could eat. In less than a month's time she had pass from her no less than sixty large round worms, every one of which to all appearances was dead upon leaving the body; she recovered her health, and became robust and strong.

For the treatment of the small pin-worm, three things are needed: First, to eat farinaceous food and fruits, letting alone vegetables and flesh-meat; second, to keep up good excretory action of the skin, thus purifying the blood; third, to wash the ascarides from the lower bowel whenever they are germinated and lodged there. In a few weeks, or months at least, the patient can be entirely relieved from their presence in his bowels.

Of tape-worm I have never treated but few cases; two of these successfully. I am well satisfied, however, that if I could have a patient suffering from that disease under hygienic regimen long enough to produce a thorough constitutional change in the blood and in the tissues formed out of it, I could cure him however much suffering therefrom, if he had vitality enough to undergo such reconstruction. I do not believe that a tape-worm, any more than a round or a pin-worm, can live in a human body when the blood becomes normal. Essentially it is the product of imperfect assimilation and defective elimination, and whenever a healthy condition of the nutritive system can be established so that good blood can be formed, and a healthy condition of the lymphatics exists, so that waste matters are carried off through the various excretories with rapidity and certainty, a tape-worm cannot live in the human body.

In all cases of children who have worms it is more difficult to treat them Psycho-hygienically, except in the way of prevention, than for any other disease which they have. There is no reason to be appealed to, no moral sense to be awakened, no appreciation of the laws of relation to be entertained by them. They, therefore, are passive subjects, and are under no such relation to life as to submit to processes of cure which, while they may be more tedious, are nevertheless all the surer and more certain therefore. A child suffering from worms knows of nothing but the desire to be relieved, and hygienic treatment will not give relief as quickly, in many instances, as will drug-treatment. Poisons taken by the child kill the worms. If the child lives the remedy is regarded as of great virtue; but if, under the remedy, the child does not get relief but dies, it never dies from the poison taken, but always from the worms! Or, to speak more reverently, "It dies under the Providence of God!"

In this, however, as in any other disease where time is to be had in order to produce thorough restoration, the Psycho-hygienic treatment is preferable to the drug treatment though its visible effects are less speedy; for when the child has been treated Psycho-hygienically and is cured, there is no recurrence of the disease to be feared, provided the manner of living is proper. But when a child is or has been cured by drug-treatment, there is no safety against the recurrence of the disease under ordinary methods of living. It is much better, therefore, for parents who have children, to have them

so live that they shall never have worms to trouble them, than it is to have them live so that they will have them, and then have them cured by drug-medication.

CHAPTER XLIX.

PILES.

THERE is no disease which we have ever had to treat in which we have had better success than in the treatment of hemorrhoids, or piles; and yet no persons have ever come to us with any disease which has received at the hands of the medical profession more empirical management than have those who have come to us afflicted with piles. Very much has been written, and that dogmatically and ignorantly, in regard to hemorrhoids. The treatment usually administered by physicians is quite out of the line of scientific certainty, and is not only not productive of cure, but, oftener than otherwise, involves complications of a constitutional and very serious nature. I cannot count up the number of cases where metastatic, or substitutive, action has resulted in cases of piles from the treatment administered for their cure. I have known severe congestions of the liver to result from the administration of so-called remedial agencies for their cure. I have also known severe hemorrhages of the lungs to result from the sudden cessation of the flux of the bowels, under the remedies employed to cure the piles. I have also, in several instances, known severe congestions of the brain to take place, in two or

three instances inducing complete coma, within eight-and-forty hours after medical appliances for piles had been made.

I have treated during the time in which I have been in charge of a health infirmary, over seven hundred and fifty cases of piles. The majority of persons suffering from the disease (and the worst cases which I have ever had to treat) have been males. I am disposed to think that during the period of menstruation woman is much less susceptible to hemorrhoids than man, though, from the time the change of life takes place, there is, perhaps, no essential difference in their liabilities, other things being equal.

The disease has been, by a distinguished writer, defined as follows: "Pain, with great weight, heat, or other uneasy sensation in the rectum and anus, accompanied or followed by tumors in these parts, or by a flow of blood, recurring at intervals, and sometimes periodically."

Persons afflicted with piles, owing to the injudicious method of treatment employed by the medical faculty, generally lack intelligence to understand the consequences which may result from ill-management, and, therefore, are left in their ignorance to use all sorts of empirical applications, in the hope that they may be cured by some of them. Of quack medicines which are found in every drug-store, grocery-store and grocery-bazaar, there are no specifics offered for the cure of any disease so numerous as panaceas for piles. There are now advertised in the various newspapers in this

country, over seventy-five specific remedies for the cure of this disease, and it may be said with entire truth, that there is not one of them but what adds to the difficulty under which the person labors; or, if under their use relief is produced, it is either merely temporary, or, if permanent, is made so by the substitution of some other disease for the piles, more injurious to health and life, and altogether more difficult to manage under judicious means, than are the piles themselves. It is estimated there are over four millions of dollars in value of piles specifics sold annually in the United States, and that of this sum twenty-five per cent. is net profit, thus making a million of dollars clear gain from the sale of these panaceas. Divide this among the seventy-five different varieties of specific remedies, and you have about twelve thousand dollars annual profit to each one from the sale of this class of medicines alone.

From my own professional observation I feel qualified to say, that at least ninety out of each hundred persons who use these specifics for the cure of their piliary difficulties, are decidedly injured by their use, and that the remaining ten, though not sensibly injured, are not sensibly benefited. The reason for this universal failure to cure the piles by specific application, grows out of an entire misapprehension of the nature of the disease. For this misunderstanding, physicians of learning and skill are somewhat responsible. Under their practice they have led the people to take on the impression, at least, that the disease is local in *its origin*, as well as in *its nature*; whereas the actual

truth is that piles are always of a secondary nature—never original, but always derivable from or dependent upon some one or other morbid conditions of the system. Generally speaking, the disease is the product of originally deranged conditions of the stomach and liver. Under the efforts of the patient or his physician to relieve himself of these by powerful medicines, drastic in their nature, constipation takes place, and subsequently thereto inflammation of the very lower portion of the bowels, called the rectum, sets in, more or less active at first in its character, but after a while becoming passive, resulting in tumorous growths in the inner coat of the bowel, which give to the disease the name of hemorrhoids.

Where the disease does not originate in the taking into the stomach of poisonous medicaments, it is very apt to occur where the subject is a thinker, of sedentary habits, educated to the use of concentrated, highly seasoned and stimulating food, without any regulation of habit of stool, and, not unlikely, neglectful of cleanliness of skin. Of course, to sit still, as in the case supposed, day after day, to eat stimulating food, concentrated in its nature—thus leaving but very little factitious matter to pass through the alimentary canal, helping to create fæcal bulk, while nervous energy is drawn away from the stomach, liver and bowels by intellectual task-work—is to so derange the relation between the functional exercise of the bowels and the nervous energy upon which such activity depends, as at length to leave the bowels decidedly deficient in

vitalization. Congestion of the blood-vessels of the parts under such processes having long existed, at length morbid or tumorous growths ensue, which become excessively painful ; whenever the person passes to stool, the veins become large, and under the pressure of the sphincter muscle, in an attempt to move the bowels, become so overloaded with blood that effusion takes place from their coats, and the person has what is called bleeding-piles.

Now, every organ in the human body becomes strengthened or weakened by habit, as the case may be. When a person has suffered from bleeding of the bowels a number of times, a predisposition to bleed gradually establishes itself, by-and-by this becomes habitual, and, under unfavorable conditions arising from constipation, the habit becomes an active and ever-present one, so that each time the person goes to stool a passage of the bowels is attended with a flow of blood from the rectal veins. This may be more or less debilitating and dangerous. In many instances it is, in the long run, quite destructive of physical vigor. In some instances it endangers life. There have been reported by medical men, through the medical journals in the country, instances not a few of persons bleeding to death while at stool.

The general character and symptoms of hemorrhoids may be described by slight pain, or heat, connected with weight, or fullness, at the extremity of the lower bowel, or higher up across the sacrum, with, sometimes, sharp, darting pains, extending into the perineal region, and attended with bearing down, or severe pain at stool.

Not infrequently is an added sensibility of the urethra and neck of the bladder established, and, in women, there is such a bearing down pain, low down in front, as to make them mistake the disease for prolapsus of the womb, which is another and quite different disease. A great many cases of supposed falling of the womb have come under my professional care, when, upon a close diagnosis of the case, it was proved certain that the persons supposed thus to be suffering had nothing but blind piles, with some little irritation of the neck of the bladder and the neck of the womb. In the early stages of piles, the first indication is a slight coloring of the fæces with blood of a bright color. Whenever this takes place, almost always it may be regarded as critical. Thereafter the indications temporarily subside. When, however, this discharge does not take place, while as yet it is evident that the person is suffering from piles, he may rest assured that tumors larger or lesser in size have begun their formation, and that in time, when at stool, they will appear upon the turning down of the bowel. These tumors, as they grow, are accompanied by a pricking, or an itching sensation, so that one has a feeling of small ascarides, or pin-worms, in the bowel. Many persons suppose themselves to be troubled with worms, when they have them not—the feeling being the result of the growth of the hemorrhoids in the rectal passage. In the early stages these tumors sometimes remain dry, or the fæces are covered with serum. After a while, the symptoms all disappear, and the person supposes himself

well; but no sooner does he take this satisfaction to himself than they re-appear, in added growth and with additional suffering. When this takes place, persons thus afflicted suffer more when standing, or walking, or sitting, and the pain oftentimes extends down the inside of the thighs, occasionally darting clear down to the feet, and sometimes along their bottoms to the balls of the feet; then blood flows in larger quantity than at first, the tumors being larger. When they disappear they leave corrugated flaps of skin, so that there is a serrated condition of the bowel at its termination. The disease originating, as I have said, in derangements of the stomach, liver and skin, oftentimes, especially in persons of highly nervous organizations, results in decided impairment of the general health. You will find such persons to be subjected to bloodlessness of the external skin, inducing chilliness, alternating with flushes of heat, and, sooner or later, attended with great pallor of countenance and an inability to exercise. Labor, which formerly was a pleasure, becomes a burden, and intellectual activity seems to be entirely beyond the control of the person's will. For it he is dependent upon the introduction into his circulation of stimulating drinks—they only reacting on the inflamed conditions of the bowels to add to the disability to relieve the patient. Thus the whole thing passes in a regular current, resulting steadily, though sometimes at lengthened intervals, in diminution of normal power, until, after a while, the subject becomes the victim, not only of diseased conditions of the rectum, but of such gen

eral derangement that to him life is of little or no comfort, unless under the hope that he may be relieved of his maladies. Not infrequently, in scrofulous constitutions, piles are associated with highly sensitive, if not actually morbid conditions of the lungs. Wherever such sympathy exists, the lungs are temporarily relieved from any overburdened conditions which congestion induces, by a bleeding of the bowels; but if the bleeding is sufficiently extended to act upon the general system in a debilitating manner, then, when reaction comes, the person of weak or diseased lungs is all the more weakened and debilitated in lungs thereby.

Dr. Copland, in his dissertation on piles, says that "Until lately hemorrhoids were divided into internal and external, or into bleeding and blind piles, according to their situation and to their connection with the sanguineous discharge. He thinks that there are three kinds of tumors, differing essentially both in their structure and appearance. The first, or most common kind, is first seen in the form of fleshy tubercles of a brownish, or pale red color, situated in the anus, or descending from the rectum. When these tumors are external, they are paler and more elastic, and are infiltrated by serum.

"The next formation of tumors is caused by a varicose state of the veins of the rectum. They seldom attract attention until they have made some progress; for the distention takes place slowly. They are not so disposed to enlarge at particular periods, and are more permanent and less painful than the first form. Commonly they are of a dark, or bluish color. When compressed

by the finger they become sensibly less, but return to their former state when the pressure is removed.

“The third form differs from either of the others in being soft and spongy to the touch, with distinct vessels on the surface of a purplish color. At stool one, or two, or more of these tumors generally protrude. In the early stages of the disease the protruded parts retire spontaneously, but in advanced stages they require to be replaced by the hand. Evacuation of the bowel, in this, is followed by pain, which, especially when the disease is prolonged, does not cease for a number of hours, and is attended by losses of blood which sometimes occasion exsanguine exhaustion.”

In my own practice, I have found the hemorrhoidal discharges to be extremely various, though, in many instances, they return with periodical exactness. In some instances, with women, the hemorrhoidal takes the place of the menstrual discharge, particularly when persons have arrived at change of life; and then it is almost sure to assume a periodical form. In different persons the pain of hemorrhoids varies decidedly. With some it is almost unintermittent; others have an aggravation of it whenever they have a passage of the bowels. With some persons it is eased under severe pressure, while with others it is increased. I have known a great many persons to have hemorrhoidal attacks to come on as the result of slight attacks of colic, and in instances not a few have the pains occurred with severe bleeding when the subjects of them have been particularly excited in mind for a length of time.

Accompanying the existence of hemorrhoids there is often a severe irritation of the neck of the bladder and of the prostate glands in males, while in females there is, as I have already noticed, a decided congestion of the neck of the uterus, ultimately passing into a chronic inflammation, with such bearing down sensations as to make the person feel as if she were suffering from decided falling of the uterus.

The more remote consequences from the existence of hemorrhoids, which have been witnessed in my practice, have been prolapsus ani, with such irritation of other organs adjacent to the bowels, as not infrequently to produce very severe distress.

My treatment in piles has been, for the most part, constitutional. I regard them, in general, as of a secondary nature, originating, usually, in great derangement of the stomach, liver, bowels and external skin. Whenever, therefore, I have to do with the disease, in the main the treatment has been such as would naturally be indicated under such diagnosis.

We have to treat two classes of persons who suffer from piles.

1. Those who are thinkers, of sedentary habit and careless eaters.
2. Persons of active life, who are gluttonous in their dietetic habits, while at the same time they are neglectful of the calls of nature, in reference to relieving the the bowels of whatever fecal matter may have come within their walls.

It may not be uninteresting to the readers of this

book to have me report two or three cases, succinctly, by way of illustrating in general our methods of treatment.

CASE I.

In the year 1851, there came to my house a young man who had been suffering intensely, and for a number of years, from piles. He had been a gross liver, was at the time such a drinker of ardent spirits as almost to pass the line of moderation, in the common meaning of that phrase, and a tobacco chewer and smoker. His case, in some of its aspects, was the most remarkable I have ever had to treat. For nearly four months after he came to our house, he never had a movement of the bowels without passing blood in such quantities as greatly to deplete and exsanguine him. To that degree did the bleeding take place that his skin became more thoroughly bloodless and pallid than that of any other person I have ever seen.

My treatment was injections, to enable him to pass the matter of the bowels without strain, then immediately to turn the bowel back by hand pressure, to set him down in a sitz-bath, at 80°, for twenty minutes, and then let him lie in bed for one or two hours. Every day I gave him a thorough ablution of the whole body, attended with vigorous dry hand-rubbing after the water had been wiped off with a sheet. Satisfied that he never could be cured without change in his dietetic and beverage habits, I took away from him all stimulating foods and drinks, and gave him soft

water only as a drink. After about four months of treatment the hemorrhoidal tumors became suppurated, broke, and discharged large quantities of matter. At this time he was very thin in flesh, and quite feeble. Many persons thought that he would die; but such was my confidence in Nature and her recuperative efforts, that I did not yield my conviction that he would ultimately get well; and after the suppuration of the hemorrhoids took place the bleeding ceased entirely, the young man's bowels became regular, his appetite was natural, and in six months from the time that he came to us he left our house much improved, and within four months after he left us he was in the enjoyment of as fine health as a man could ask, and within one year was weighing one hundred and seventy pounds.

CASE II.

A Philadelphia gentleman came to us who had had piles twenty years, and, to use his own language, had suffered pangs worse than death itself. He was in feeble health, carried with him a most thoroughly alabaster look—a sort of dead, sallowish white, indicative of great bloodlessness of the general system.

He was treated on constitutional grounds. On two days in the week he took a half-bath at a temperature of 85° , one minute. On one day in the week he took a pack which enveloped his whole body in a wet sheet, lying in it from thirty to forty minutes, and upon coming out he passed into a bath at a temperature of 82° for one minute, rubbed by two attendants, when taken out.

wiped dry and put to bed. Three days in the week he took a sitz-bath at 85°, ten minutes; 80°, five minutes; followed by wiping at the hand of an attendant. He wore abdominal bandages night and day, wet all around all the time. His head was covered during the day with a wet head-cap. His appetite, which had been poor, gradually increased in intensity, and we finally put him upon a fruit and grain diet exclusively. In the course of seven or eight months he was so well that when he left us he bore testimonies to our success, and his recovery was everywhere regarded by those who knew him as most remarkable.

CASE III.

A gentleman living in one of the western cities, who had been a great sufferer from hemorrhoids for many years, came to us as a patient. Perhaps from the growth of this particular structure he had suffered more than any other patient whom I have ever treated. Connected with his piles there was such torpidity of liver as to indicate very great derangement of that organ—the skin being of a decidedly yellow hue, so that he looked like a light-colored yellow Indian. His health had become greatly impaired under his disease, and he came to us and was treated by us for some six or eight months, during which time his skin became white, his blood increased in quantity, and the confidence of his friends in his recovery was greatly enhanced. When he left us, his improvement had been so great as to cheer us with the almost sure prospect of his entire

recovery. We have since heard from him, and learn that he is in good health and able to perform a great deal of business.

Let these rules, then, be laid down for the treatment of piles:

1. Purgatives should never be taken. Persons who take internal medicine for piles make a mistake. No one is ever benefited by them. Nor is there any real benefit derivable from any one of the panaceas. Quack medicines are all delusions, thorough cheats, doing no good. If one is relieved thereby he is, as I have before stated, more likely than not to have, as a substitute for the piles, a disease still worse.

2. Whoever having piles would get rid of them must eat unstimulating, simple food. Meats, cakes, dressings of rich gravies for the table, must be abandoned, and in their place grains and vegetables, simply cooked, and fruits, substituted. Then, if the person is so situated as not to overtax the nervous system by labor or thought, and can give to himself or herself plenty of time in the open air whereby to re-invigorate the blood and make it pure, there is good chance that the person may recover.

If persons would rear their children hygienically they never would have piles. If persons having piles will live hygienically, for the most part they will get well. Surgical operations which are performed for hemorrhoidal tumors are of questionable use, and are not justifiable on the score of philosophy or success; for

very many of those who seek relief in this way are sorely disappointed. By a person troubled with piles hard water should never be used as a drink, nor should anything be done which tends to constipate the bowels. When paroxysms of suffering occur, the best remedy is sitz-baths, followed by a recumbent posture, and during the paroxysms as little food should be taken as may be.

CHAPTER L.

SEXUAL ORGANS

I do not in this book propose to treat at length of the diseases of the genital and reproductive organs. The reason for this is that I have already written a work on the "The Sexual Organism and its Healthful Management," which covers, in the main, my ideas on the subject of diseases of the sexual structure. Whoever, therefore, wishes to get at my thoughts with reference to the diseases of the genitals of man or woman, can do so by procuring that work, wherein will be found a much more thorough and complete statement of my views than I can make in these pages. I therefore shall only take liberty to refer herein to some of the leading ideas which I have entertained with reference to the causes of sexual diseases, and the true method of treating them.

Sexual diseases in man or woman may be divided into two classes; those which are constitutional and those which are functional; and again subdivided into those which are acute and those which are chronic.

Certain persons are born with predisposition to debility or disease of the sexual organs. Such persons are uniformly scrofulous and constitute a class from

which pulmonary consumptives are furnished. In the male line, persons thus predisposed, when their habits and conditions of living are such as are favorable to development of actual disease, will be found to have diseases which arise from debility of the sexual organs, such as seminal emissions in various phases, and which oftentimes prove very destructive to the health, and, not infrequently, to the life of those who are afflicted therewith.

In the female line, those who are thus constitutionally predisposed under such conditions of living as are unfavorable to healthy living, will have leucorrhœa or whites of a very debilitating and enervating character; will also have prolapsus of the vagina; will also have chronic inflammation of the neck of the uterus, and not infrequently will have tumorous growths upon the uterus, or, if not upon that, have enlargement of the ovaries. I do not think that I have ever had to notice a case of ovarian disease where the subject of it was not substantially scrofulous, the original or primal cause being a defective assimilation, the blood-making organs transforming food into blood defectively, and thus creating an enfeebled nutrient and nervous condition.

Where the disease is functional it arises from much more varied causes; in many instances from masturbation; in other instances from poisons introduced into the system in the act of cohabitation between man and woman; or, in the woman, from too frequent child-bearing; or, in the man, from too great sexual indul-

gence, though it be within the conjugal pale. The functional derangements of the genitals, therefore, may be considered as much more numerous than those which arise from constitutional causes.

Now, the way to treat all these diseases, whatever their name or nature, is on the Psycho-hygienic basis; to revitalize devitalized parts, and to do this by making the effort at the centers of vitalization. This demands, necessarily, an improved condition of the nervous system, and, of necessity, of the nutritive system. Whoever has a defective or diseased state of the sexual system, can have the disease cured better by and through an improved condition of the nervous and blood-making system than he can by any specific remedy applied to the part especially diseased.

In case of seminal emissions this is pre-eminently true. The Psycho-hygienic treatment is, beyond all question, superior to the drug-medicating treatment. I have had occasion to treat over seven thousand persons afflicted with seminal emissions, and I believe, out of the whole number, I have never failed to cure ten of them. The same is true of those diseases with which women are particularly afflicted, known in general terms as female diseases; such as falling of the womb, anteversion of it and retroversion of it; such as vaginal prolapsus, chronic inflammation of the neck of the womb, chronic inflammation of the internal lining membrane of the womb, ulceration of that membrane, ulceration of the neck of the womb, vaginal ulceration, debilitated condition of the vaginal membrane, in-

ducing leucorrhœal flow, or what is known as whites; ulceration of the mouth of the vagina. All these and other forms of disease of the sexual organs of women, I have treated better by the Psycho-hygienic methods than they were ever treated by any drug-medicating methods however applied. I have treated over eight thousand women troubled with various forms of female weaknesses, and have never had, except in the earlier periods of my practice, to use any particular means, locally applied, for their recovery. Both with men and women I have found that their progress to cure was better, safer, and even more expeditious, other things being equal, than in cases of other persons, in like manner affected, who were in the hands of physicians who gave them medicines and applied remedies of a medicated character to the parts diseased.

I am satisfied, therefore, that, as a grand fact, all the functional derangements with which either sex is afflicted, which are not caused by the introduction into the circulation of some virulent poisons, such as venereal poisons, are more easily and permanently cured by Psycho-hygienic treatment than by any other method known. Where a diseased condition of the sexual organs exists, caused by the introduction of a specific poison into the circulation, whether it be in the form of gonorrhœa, acute or chronic, or syphilis primary or secondary—but especially of the secondary type—the Psycho-hygienic treatment is more thoroughly and decidedly curative than the drug-treatment can be. It has, in this direction, one advantage over the drug-

treatment of diseases, just as it has in the direction of the treatment of other diseases—that it does not impair the constitution nor waste the vitality of the patient, nor fix upon him or her a diathesis or habit of body from which there is no escape. Drug-treatment does this in a great many instances, and it does it in the way of establishing, by constitutional involvement, a secondary disease, from which it is very difficult to relieve the patient even under Psycho-hygienic treatment. Secondary syphilis, therefore, is, in many instances, much more difficult to cure than primary syphilis would be, because it has been induced by the introduction into the system, as remedies, of poisons which, instead of acting as re-agents, and so overcoming the original disease, have only partially reacted, and therefore have left the organism in conditions more difficult out of which to deliver and restore it to health than it would have been had the drug-poisons never been taken.

I therefore most seriously recommend to all persons having any form of weakness or derangement or disease of the sexual system, to avoid the use of drug-medicines, especially if these are in their nature poisonous, and to seek for their recovery only through the Psycho-hygienic treatment.

For further information in respect to the treatment of specific diseases, I most respectfully refer my readers to the work already alluded to, entitled "The Sexual Organism and its Healthful Management."

CHAPTER LI.

RHEUMATISM.

THIS disease may be divided into three kinds: first, that of the muscles; second, that of the joints; third, that of the nerves. Physicians differ as to the nature of the disease, as well as to the causes which induce it, some thinking it to be a disease simply arising from disturbed circulation; others as stoutly claiming that it is entirely dependent for its existence upon the defective organization of the blood; others upon a depraved condition of the blood. It seems to me that it may fairly be attributed to all these; for under the treatment of the very many cases with which I have had to deal it has appeared that its existence in any form is dependent upon a scrofulous diathesis. I do not recollect ever to have had a case of it wherein the subject did not most clearly show this form of organization.

The provoking causes to its appearance are very many, and so unlike, as, to a superficial observer, to seem to bear no natural connection with each other. A person of scrofulous constitution may have at different periods in his life, and under circumstances quite different, all the kinds of rheumatism. Where one

does have them, the usual order of appearance is that which I have described, rheumatism of the muscles appearing first, then that of the joints, and lastly nervous rheumatism.

When one first begins to suffer from muscular rheumatism, it is not difficult for him to be cured if treated Psycho-hygienically; but if he be treated from the drug-standpoint, it is likelier than otherwise that when he has rid himself from the disease in his muscles, he will find that he is not cured, but that he has changed the form of appearance of it, and that it will show itself with more or less severity in his joints. If he then proceeds to treat it by the administration of drug-poisons, he may, after a while, become relieved of it; and if he knows no better he may consider himself very fortunate. But if he thoroughly understand the nature of his ailment, and the effect of drug-medication thereupon, he will be looking rather anxiously, and somewhat expectantly, for its appearance in the form of nervous rheumatism. It is not often that drug-medication serves to fix a rheumatic condition while the muscles only are affected; but it is not infrequently the case that where it has passed from the muscles to the joints, and the patient takes powerful drug-medicines for its cure, so far from being relieved thereby the disease takes on a chronic form, and the joints become so affected as to render any prospect of relief by the administration of drug-remedies altogether out of the question. It is almost always the case that when it has passed from the muscles to the

joints, and from these to the nerves, and one comes to have what is usually considered and regarded as nervous rheumatism, the case passes beyond the reactionary effects of drugs, insomuch that they can have no influence whatever in the production of cure.

Rheumatism, whether of the muscles or of the joints, or of the nerves, or all three, whether arising from derangements of the blood or from defective organization of it, or of depraved condition of it, usually shows in connection with it, dyspepsia, torpor of liver, congestion of the kidneys, and very great inactivity of the skin. I now do not recollect a decided case of rheumatism of any sort where the person could say with truth that the digestion was unimpaired. It might never have been obvious to him under the conditions under which he placed himself; for his stomach may have been made to take on tone by the introduction into the circulation of diffusible stimulants or of nervines, or of tonics, other than those which are furnishable in the food one eats; but if a change be wrought out under a disuse of these particular or specific substances, and the system is left to show just such vital conditions as must exist in their absence and under the use only of proper nutrients, then dyspepsia is certain to appear, and then more likely than not liver derangement, as also derangement of the kidneys and the skin, will be manifest. But if not all these are shown in connection with dyspepsia, some of them will be sure to appear, and the case becomes a complicated one. Where you have dyspepsia alone; where

the stomach seems to be the main vital organ which has come to be deranged, then one may look for simple muscular rheumatism; but where the liver, as well as the stomach, is deranged, then one may calculate not merely on having rheumatism of the muscles but rheumatism of the joints as well. Where chronic congestion of the kidneys is marked as a feature in the case, then one may calculate on seeing, along with rheumatism of the muscles and of the joints, that of the nerves.

Of course wherever there be a derangement of the blood caused by imperfect assimilation of food, so making a defective quality of blood, or where there is defective distribution of blood already made; or where there is depraved condition of it arising from imperfect or insufficient action of the eliminative organs, thus keeping the blood impure, there will be less difficulty in treating the disease than if all three of these provocative causes for its existence should clearly show themselves.

Originating as the disease does, no matter what its form of appearance, in one or the other of these conditions of the blood, the curative treatment is readily indicated. First and foremost as a curative must be the use of proper food. In this direction, I think the Psycho-hygienic idea to be worthy all that we claim for it. A rheumatic person should not eat flesh meats, nor should he eat highly-seasoned food either of an animal or vegetable nature. A great many persons suffering from rheumatism might be cured by means

just as simple as one needs to employ. To eat only such food as can easily be made into blood, exciting for that purpose only such a modicum of vital force as may be described as minimum in its measurement; to keep up a healthy action of the secreting organs, thus making abundant blood and yet of a healthy quality; to keep in good conditions the excretory organs; and to see to it that on each day as it goes by the patient has ample opportunity afforded for recreation as against fatigue;—do this, and if the case be a new one, and the patient therefore has escaped heavy drug-medication for this or for any previous disease, his recovery may be considered as not only certain but comparatively easy.

At any rate, such has been my experience when called to cases which may be clearly regarded as having been simple in their nature; and I have always seen the best results arise from an application of the Psycho-hygienic treatment demonstrated in such simple form as to challenge the wonder, if not the surprise, of the looker on. In spite of himself he would say that, marked as the results were, the means used did *seem* to him to be altogether incommensurate with them; and, if he were disposed to be incredulous, it would be difficult to make him believe that such consequence could flow so readily from only such a course. In quite a number of cases I have had medical men express it as their opinion that the patients must have had administered to them some form of medicinal remedies, it seeming to them utterly impossible that cure

should be made without their use, they always having had their faith in their admitted principle of cure so actively in exercise as not to justify the belief that such results could be produced by means so simple.

But if they were made to wonder when they saw how readily simple cases of muscular rheumatism yielded to the Psycho-hygienic treatment in its more obviously simple forms of appearance, their wonder has become surprise, and this, astonishment, when they have been told both by patients and physicians that rheumatism of the joints, in some instances of the worst forms, and of the nerves also, has been entirely overcome and permanently cured by the Psycho-hygienic treatment.

I do not know that any disease that it has been my good fortune to treat Psycho-hygienically with success has in its cure created more surprise amongst physicians than rheumatism. This might rationally be expected, because it is one of the most difficult diseases with which they have to deal under their methods of practice. I would not do them injustice nor speak in any way destructively of themselves or of their methods of practice; but truth compels me to say that where the simplest form of rheumatism is cured by the taking of poisons either allopathically, homeopathically, or eclectically administered, or in whatever form taken, fifty cases out of a hundred are not only not cured, but made very much worse from taking such poisons; the effect of taking them, if not to make the disease more complicated, being to make it assume a chronic instead of an acute form.

In this respect much is lost and nothing gained ; for any disease is more difficult to cure when it passes from the acute into the chronic form. Where physicians have had acute rheumatism, whether of muscle, bone or nerve to treat, and have administered their drug-remedies with a view to its cure, and have failed, and the disease has become, under their administration, chronic in its nature—when such case or cases have passed into my care, I have uniformly found that a worse condition existed than could well have been if no drug-medicines had been given. Had such persons been left to the treatment of nature alone, no physicians having been employed at all, they would have been better off, I feel sure, than they were ; for in the latter case their diseases had become worse ; while in the former view, considerable many of them would, in time, have got entirely well.

Let any person, then, who has rheumatism of any kind, and wishes to get well, avoid taking into his system, for remedial purposes, anything like poisonous medicines. If he will doctor with medicinal remedies, let these be of the simplest and most innoxious nature. If it be necessary, in order to keep up his hope and make his faith active, that something in the form of remedies should be given, then let such be compounded of what may be termed the simples. I would, however, most urgently and respectfully press upon the consideration of all persons afflicted with rheumatism, as I would for all other kinds or forms of disease, that the Psycho-hygienic treatment be employed, and that

they follow it with perseverance and the most thorough patience. If they will do so, they certainly will recover their health if they are curable.

Where rheumatism of the muscles or of the joints exists, hydropathic treatment may be regarded, in connection with other means used, as of prime quality. The wet-sheet pack for the whole body, followed by the half-bath or the dripping-sheet, or the towel-wash, vigorously given; or a derivative sitz-bath, in some instances quite warm or hot, given for a little while, say for ten minutes, to be followed by a half-bath or dripping-sheet, at a temperature as low as eighty or seventy-five, will be found of most excellent service. The hot foot-bath taken for five or ten minutes, followed by a douche as cold as eighty-five or eighty over the parts particularly affected; the hot and cold spray or fomentation cloths over the parts affected (the latter following immediately the former) with a half-bath or dripping sheet, will be found of most excellent effect.

In connection with whatever form of water treatment may be given, opening of the bowels should also be secured, and abundant rest should be had both of body and mind. Food which is nutritious but unexciting should be used. In all cases of muscular or joint rheumatism, I think the conditions of the blood indicate a free use of sub-acid fruits. Of the farinaceous foods to be eaten none is so good as wheat. Of vegetables, none better than soup made of peas, either green or dried, and the various preparations of

potato. Hard water should be sedulously avoided. Sugar should be eaten, at most, only in small quantities. Milk, where it does not create sensible disturbance, may be used in moderate quantity with benefit. Common salt should be dispensed with, as should all fatty and highly carbonaceous foods, whether animal or vegetable. Alcoholic liquors should be foregone entirely, whether fermented, like wine, or distilled, like brandy, or brewed, like beer.

Where rheumatism of the nerves exists in connection with that of the muscles and the joints, or disconnected with them, a primary necessity, in order to cure, is the use of the most rigid diet. It is always difficult to deal with diseases of the nerves themselves. With any organs where the nerves are not involved, one can more readily deal, because these are the medium of transmitting vital force, and while they are healthy in their nature or in their action, vital force can be comparatively easily determined. But where the nerves themselves are diseased, the distribution or application of vital force becomes more difficult, and direct effects upon the outside parts can scarcely be looked for. It is only in such case that they can be reached through the change which may be made to go on in the general system.

Nervous rheumatism, therefore, no matter what its peculiar form may be, is a very difficult disease to overcome. If it be generally neuralgic, showing itself at different points of the body at different periods of time, or if it be locally neuralgic, as in the case of sciatica or

rheumatism of the great nerve which extends to the lower extremities, the physician and his patient may calculate on having a cure made only by such processes of change as amount to a reconstruction. Little benefit comes from seeking to produce permanently curative results from the administration of means, whatever these may be, only to the part affected.

I have treated a good many cases of nervous rheumatism with success, some of as long standing as ten years, and where, too, the patient had taken a great amount of medicines, and these of a narcotic nature ; but I should prefer never to have any more of like cases to treat. The patient becomes so wearied, and the physician too, with the obstinacy that the disease shows, as to justify the statement that, but for the fact that all that a rheumatic patient hath will he give for his restoration, and that unless cured, so as to be able to enjoy health, he may live on for years and suffer very greatly, I would never consent to take a case of nervous rheumatism where the diathesis had become fixed under drug-medications. I can but think that if medical men of the drug-administrative schools could be led to reflect on the terrible suffering to which they subject their rheumatic patients by giving them poisonous medicines, they would hesitate before doing so. To give strychnine, colchicum, arsenic, calomel, opium and many other drug-medicaments, as many of these physicians do, seems to me horrible. When Psychohygiene comes to be understood in its prophylactics, or means of prevention of disease, as I hope it some day

will, then persons will not have rheumatism as much as they do now, and will therefore be less under the seeming necessity, on their part, of taking poisonous drugs. For that good time I most devoutly pray, and hope that I may live long enough at least to see its dawning.

CHAPTER LII.

INTERMITTENT FEVER OR FEVER AND AGUE.

THIS disease is so common in what is called marshy or lowland districts of our country as hardly to need any detailed description. In fact, at some time or other in the settlement of all parts of the country the resident inhabitants thereof have had more or less of it amongst them. I hardly know of a wooded region where, in the clearing up of the land, the settlers have not had more or less intermittent fever.

Its provoking cause is understood by physicians generally to be a miasm or malaria or poisonous effluvium developed under the decomposition and destruction of organized vegetable matter, mingling itself with the blood, and poisoning it so as to create a febrile state of the body, though it has been lately claimed that it is the effluvium of a vegetable growth.

The disease is of such a nature as not to be ranked as dangerous to life. Its ultimate and worst effects are seen in the impairment of constitutional vigor. The disease is not infectious or contagious; is not confined to any season of the year, but prevails more in the spring and early autumn than in the summer or winter.

Medical classifiers of disease have divided fever and ague under three distinctions : the quotidian, which is a daily ague, the paroxysm occurring at or nearly the same hour every day ; the tertian, or that wherein the fit occurs every other day ; and the quartan, or that wherein the paroxysm omits for two whole days and then returns. It will be seen that the interval in the first is twenty-four hours ; in the second, forty-eight ; and, in the third, seventy-two hours. The tertian ague is more common than either the quotidian or the quartan with the people of the middle and north-western States of the Republic. Out of many hundreds of cases with which I have had to deal, I have seldom found persons who had the quotidian or quartan ague. And in these cases, I think, nearly all, if not all, originally had their paroxysms alternate days, which were broken up under remedies taken, to reappear every day or every third day.

Those who have seen more of the quotidian and quartan types than I have, say that these, like the tertian, have each characteristics peculiar to itself. Thus, while the fit of the tertian begins at noon, the quotidian begins in the morning, and the quartan in the afternoon. No matter, however, what difference in the time of appearing the disease may show, the conditions of the system under it are substantially the same.

A fit of ague in its duration puts on three distinct stages : the cold or the shivering stage, which lasts in different persons different periods of time, passing into the hot or fever stage, whose duration is longer in the

cases of different persons ; and the sweating or terminating stage. Some persons have severe shivering with modified fever, and little or no sweating ; some less shivering, more fever and more sweating ; some less shivering, less fever and more sweating, as the case may be, each person showing peculiarity according to his or her constitutional tendency or type of build.

My own observation has led me to this view : that persons of the nervous or nervous-sanguine temperament suffer more during the paroxysm from the ague ; those of bilious temperament from the fever, and those of the lymphatic temperament, or some combinations in which the lymphatic predominates, from the sweating. I think this conclusion is not a fanciful one ; but is based upon a fair and quite broad accumulation of facts. If it has any foundation in fact, it may have something to do in determining the particular method of treatment to be administered in each case as it stands. Most certainly it would modify my application of remedial means that a person should have a severer chill and fever than he did of sweating, or that he should have more fever and more sweating than he did of chill. In the one case I should give one kind of combination of treatment, in the other case quite a different one, just as I should treat a person who had an attack of fever once in three days differently from what I should a person who had it every day in the morning.

There are two very important views to be taken with reference to intermittent fever. One is that the true

Psycho-hygienic method of living would be almost a certain preventive of it, no matter in what district one might live. The other is that having it, living wherever one may, it is far better to be treated Psycho-hygienically for it than to take the specific remedies which are in vogue amongst physicians.

As to the first, I have never been able to satisfy myself why, in the nature of things, human beings should be subject to intermittent fever because of the miasm which they introduce into their blood through the atmosphere that they take into their lungs any more than why horses should have it, except on the ground that human beings under their conditions of living are not so healthfully related thereto as horses are, except also that human beings have a more susceptible nervous system than horses, by reason of their higher cerebro-nervous organization. A horse has an organic nervous system—lungs, heart, stomach, liver, bowels, kidneys and skin, each of which is intended to perform to the organization of which it is a part the same office precisely that it does in the human organization of which it is also a part. The blood of a horse when analyzed shows substantially the same constituent elements that the blood of a man shows; so that this great primary organ in the horse is clearly intended to serve the same purpose for him that the blood of a man does for him. Now, different as may be the external organization of the horse from that of the man, the fact that he has all the vital organs which a man has, renders it altogether probable, and is, I think, logically conclusive that the

same causes in proper proportion to the effects to be produced by their operation would produce the same effects in the horse as in the man ; yet while human beings all over our country, and, for that matter, all over the world, are sick more or less from fever and ague, no horse on the American continent, or any where else that I ever heard of, was ever known to have it. No matter how much the miasm or malaria is mingled up with common atmosphere, the horse breathes it into his lungs and mingles it up with his blood without any ill effects therefrom ; yet it is understood, and generally supposed, that a human being cannot do this with any degree of impunity. The general impression is, and it has been confirmed by all that physicians have said on the subject, that if a man lives in a malarious district, no matter *how* he may live, he will have fever and ague.

In this general conclusion I do most respectfully declare my disbelief. I do not think that human beings are naturally any more disposed to take on derangements of their bodies, resulting in fever and ague than horses are, provided they, in all respects, were to live as thoroughly within the line of the laws of their health and their lives as horses always do when free from man, and as, for the most part, they do though they are subject to him.

I wish, therefore, to say that if human beings would do four things, being healthy, I think they would never have intermittent fever : First, eat farinaceous and fruit foods only ; second, avoid all overstraining of the

nervous system and over-taxation of the muscular system; third, keep their skin clean by frequent ablutions of it in soft water; fourth, abstain from the use of all condiments, including spices and common salt, and drugs and medicines of every kind, which, if they were taken into the stomach and the circulation of a person in health, would either make him sick or tend to make him sick.

I am led to this conclusion by this simple fact, that I have had during my practice a large number of persons who, living in fever and ague districts of country, and having come to me to be treated for it after the ordinary remedies used by physicians had entirely failed, have been entirely cured under Psycho-hygienic treatment, and have gone home to follow out the methods of life advocated by me; and though living in the same districts where they had lived for years previous to coming to me, and during which time they had annual attacks of fever and ague, under the new mode adopted under my suggestion, have not for years had one single recurrence of the disease.

If, then, it be true that a man living in a malarious district of country does have fever and ague while the subject of certain habits or modes of physical life, and ceases to have it, though he continue to reside in that district, when he changes his habits and modes of life, it logically follows, so it seems to me, that the malaria which he takes into his circulation is innoxious, because it lacks the proper constituents in his blood, or in his organized tissue, or in the conditions of his nervous

system, whereby to be made effective in the production of disease. This is my theory about the matter, just as it is my theory about pulmonary consumption arising from the ordinary use of impure air. I am, therefore, convinced that if one can so regulate his dietetics and his labor, and the cleanliness of his body as to secure to himself good healthy blood, and healthy tissue organized out of that blood, simply a malarious district and breathing what is termed the miasmatic poison, will not produce in him intermittent fever.

I do not see why I may not rationally take up this view and rest upon it conclusively, because of the changes which have occurred in my own practice, and which are incontrovertible facts, and because also collateral evidence of the truth of my view is furnished in other directions through another class of facts. Take for instance this as one of them : Whooping-cough comes into a family and affects four children out of five, but the fifth is exempt. He is just as much exposed to the infection as are the others, yet they have it, and he does not. Measles gets into a neighborhood, and, under the same conditions of exposure, three-fifths of all the children in the neighborhood have it, but the other two-fifths escape. The small-pox comes into a community, and six out of ten persons have it, yet four out of the ten do not.

How is this to be accounted for? I account for it on the ground of different degrees of vital resistance which the affected and the unaffected show, those

who are made sick not having enough of it at disposal to protect them, so they become sick ; those who do not have it being in better conditions to resist it, escape it. Largely the difference between these persons is to be accounted for not on constitutional but on functional conditions of their bodies at the time of exposure, and these conditions are mainly conditions of living involving methods, habits, fashions, plans and ways of life. Though these are not obvious to the superficial observer, yet they are perceivable on close inspection. One man in his habits of living, take them together as a whole, so uses up power that when he is exposed there is no available vital force at command ; so he has to become sick. For under the Psycho-hygienic theory the vital principle always exerts itself, under any given circumstances, to the utmost possible degree in the direction of protecting life, and therefore in the direction of preserving health. No human being ever gets sick while, under the circumstances, it is possible for him to keep well, sickness being a condition of life abnormal, and therefore unnatural, and which, at the time, the vital force could not possibly guard against.

I recollect, some years ago, suggesting the idea, through a medical journal, I believe, that fever and ague is a disease which might be avoided by persons living in miasmatic regions, provided always great care and attention were paid by the inhabitants to their modes of life. Amongst other things which I brought to notice were entire abstinence from animal food ; great regularity of habit in the direction of labor and

of rest; entire sexual continence during the summer solstice; complete and utter disuse of common salt; the avoidance also of condiments; the use only of soft water as a drink, and this cold; the disuse of all fermented breads; a practical disuse, during the warm seasons, of sugar; a free use of sub-acid fruits in their natural state; the eating of two meals a day, and never any food later than three o'clock in the afternoon, if the person were going to bed early in the night; the washing of the body as often as three times a week, and such social conditions of life as would insure freedom from fretting and long-continued mental anxiety.

About two years after I had made the statement, I received a letter from a physician, stating that he had accidentally read my article; was impressed with the thoughts in it; and himself a great sufferer from fever and ague, and an extensive practitioner in the direction of the treatment of the disease, living himself in a malarious region, he determined to test my theory as well as he could in his own person. The results astonished him; for although by reason of his profession, which compelled him to sleep and eat and work irregularly, he could not carry out my suggestions in full; to the degree that he was able to do so, he did, and though in far less favorable circumstances than he would have been could he have lived up to my advice, he nevertheless found himself so improved between the time of his undertaking my treatment and the fever and ague season of the succeeding year, that he entirely escaped the disease that year and the next, though he

had not done so for several years previous, and though his neighbors had had it in the two years in which he had had nothing of it, as severely and as sufferingly as ever before.

He said that upon reading my letter, the only point upon which the suggestions that I presented seemed to him unreliable was that of the disuse of flesh meat; but now he believed that in all the things wherein he had made reformation in his habits, not one was more beneficial than that of abstaining from flesh meats. He concluded by saying, that he was entirely converted to my idea that fever and ague depended far more upon certain conditions of body produced by certain conditions of living, in connection with the malarious poison introduced into the blood, than from the effects upon the body of the malaria alone introduced into the circulation.

Some eight years ago I received a letter from a young man living in Indiana in the valley of the Wabash, who told me that he was a great sufferer from fever and ague, having had it for seven successive years; that he had taken all the medicines which had been prescribed by his physicians, and that he felt that he was being killed. He wanted to know if I thought there was any help for him. I told him that having been drug-medicated so severely, I dared not, in the absence of a personal examination of his case, promise him a cure under a course of treatment at home; but that if he would come and let me see him, if I decided that I could do nothing for him, I would make him

welcome for a few days, and would charge him nothing for looking at his case.

So on he came; underwent his examination, and by my advice went under treatment. He had an enlarged liver and an enlarged spleen; and, on the whole, was rather a pitiable-looking object. Of bilious temperament, he had become of a nasty, dingy, sallow color, a sort of rotten-stone brown. I kept him eight months, changed his whole organization in its functional relations, so that he was as fine and fair a specimen of manly health to look upon as one would wish to see. He went home, stayed in the neighborhood where he had lived the whole seven years during which he suffered from intermittent fever; where, too, his neighbors had it more or less every year, and continued to have it; and yet for five years, during which time he lived there, he never had it. He enlisted in the army, and went through a series of exposures as a private soldier, and for the two years, during which he was largely on fatigue duty, never had one sick day. Poor fellow! What disease could not do, a bullet did. In a grand fight he was shot through the lungs and died.

I have on record not less than fifty letters from men who came to me in poor health, many of them practically broken down from having fever and ague for years before coming to me; but who, under the Psychohygienic methods of treatment were cured of their agues; restored to good health; went into the war, passed through all the hardships of it for two or three

years; never went into a hospital in the entire time; never took a particle of medicine, and came out whole. Very likely the inquiry will be raised, what was their dietary? I have to say that in the great majority of instances they utterly and completely refused the use of animal food, living, week in and week out, on bread and beans if they could get nothing else.

But if one has not learned how to protect himself against intermittent fever, and so does have fever and ague, what is the true method of treating it? I have to say that my plan substantially involves all those instrumentalities which I have described as so effectual in preventing it, and, in addition thereto, a course of Hygienic treatment.

In my earlier practice I used to give treatment to my fever and ague patients on the days in which the paroxysms occurred; but after a while the impression fastened itself on me that a better way would be to give treatment on the days of the interval of the paroxysms; or if the case be one of quotidian ague, to give it at that period of the day when the paroxysm was off the patient. So adopting that I have followed it with great satisfaction.

In cases of fever and ague where the patient is of full habit of body, not being thin and skeletony and very debilitated, my plan of administering treatment is substantially as follows: Give the patient a sitz-bath, the water of which is as high in temperature, at least, as the blood, and as much higher, up to one hundred and ten, as seems comfortable and pleasant. In

connection with this also give a hot foot-bath, requiring the patient to immerse the hands in the sitz-bath; wrap the head up in cold, wet towels; cover the body up with sheets or a comfortable, well tucked up behind the neck and tucked in between his back and the back of the sitz-bath. After sitting a few minutes, give him a gill of cool water to drink. When he has come to sweat well, take him out and put him in a cold, wet sheet-pack, which will then feel pleasant to him. Put on clothing enough to keep him warm. If he falls asleep, let him lie while he sleeps, though he be in an hour or two. If he does not go to sleep, or wakes up out of his sleep, take him out at the end of forty minutes and give him a dripping-sheet, which should be at a temperature of eighty-five or eighty. Rub well by an attendant; dry off the body. Put the patient to bed; keep him there for two hours. Let him have farinaceous food with fruits, eaten plentifully. See that his bowels are kept open and his surroundings pleasant. This all to be done on the day when he has no paroxysm.

The next day, when the paroxysm comes on, keep him warm when he is cold, cool when he is warm; and wipe his skin off at the close of his sweating. Let him live on fluid foods only. Follow this treatment up as prescribed.

If the patient has had fever and ague for a long time, and has taken a great deal of quinine and arsenic, or any other poisonous remedy, he will, under such a course of treatment as suggested above, be very likely after a

while to have a crisis which will show itself in eruptions upon the skin over the bowels or different parts of the body, in which case he will cease to have the ague when the eruption shall begin to appear; and if it should be quite extensive and eliminative, the conditions of the system will be so changed thereby that no fever and ague will appear after the crisis has disappeared.

If the circumstances be such that the patient cannot take a sitz-bath, then wet woolen fomentation cloths over the stomach, liver and bowels may be applied, as also hot wet cloths to the feet, the patient remaining in bed until the time comes for the wet-sheet pack. If fomentations instead of sitz-baths are used, the wet sheets in which he is packed should be of a little higher temperature than in the former case.

There is no difficulty in treating fever and ague after this plan; the worst cases give away. There are great advantages in treating it after this plan, amongst which is this, that no unpleasant consequences follow the treatment; the patient's constitution is not impaired; there is no morbid diathesis, or fixed morbid condition of body resulting from the treatment, both of which results are often the case under the administration of drug-medicines.

Where disease has been of long standing, occurring every year, and drug-medicines have been taken, it is not unusual that the patient has to remain under Psycho-hygienic treatment for months. In some instances I have had to keep my patients over a year at least to

get them over the fever and ague which was on them when they came, and at the same time place their systems where they would not readily give way to the recurrence of the disease under exposure.

CHAPTER LIII

REMITTENT FEVER.

THIS is a form of fever where there are strong exacerbations with a remission of them, partaking almost of the nature of the intermittent, following each other so closely, however, as to leave but little space between them. Dr. Hooper says that in some cases where there is a great secretion of bile, the fever is called bilious-remittent; where there is strong tendency to putrescency it is termed a putrid remittent and so on. The disease is common to the eastern and middle States. It is not, as a general thing, dangerous when Psychohygienically treated; but is a difficult form of fever to treat when powerful drugs or poisonous medicines are administered.

The true rule for treating it is that which I have already laid down under head of intermittent fever. Make less effort to control the exacerbations while they are at their height; but make more effort when they are at their minimum manifestation. Keep the bowels cleansed by injections; the head cool. Give no food except what is liquid in form. Keep the skin clean by packs and towel washings, or by the latter alone. Lay over the abdomen fomentations at least once every day

for the space of thirty minutes, and keep on cold compresses all the while, night and day.

In order to understand the difference between remittent fever and intermittent, the observer will take note that in the former there are no intermissions. There are what are called remissions, the severity of the fever dying down, but not disappearing. Ofttimes, too, in remittent fever there are diarrhoea and swelling of the bowels and tenderness over what is called the iliac region; though some physicians say that these symptoms are rarely observed; but I do not know that I ever saw a case of remittent fever treated without medicine where there was not more or less of flux of the bowels, with abdominal tenderness at some period of its progress. I have looked upon these as almost necessary concomitants to its manifestation.

Where remittent fever is treated by drugs and the fever becomes protracted, it often puts on typhoid symptoms, showing delirium and sordes on the teeth. It does not necessarily follow that because these are seen, there is a union of the typhoid with the remittent fever; because these often do occur in all fevers; but it is well worth while to watch the case. In a considerable number of cases I have been called to treat remittent fevers where these complications were to be seen; but in such cases the patients had all been medicated previously to their passing under my care. I do not know that I ever saw a case of remittent fever where the patient showed typhoid indications and had not been medicated, unless such person had, before be-

ing taken sick, been in the habit of drinking largely of spirituous or brewed liquors.

I do not think that simple remittent fever, as a general fact, therefore, is to be regarded as dangerous. Where such cases do become fatal, they are so because of morbid affections pre-existing, and which are involved in the case when the fever comes on.

There is a kind of fever called by doctors pernicious remittent fever, characterized by quite different symptoms from that of simple remittent fever, but needing much prompter and more active Psycho-hygienic treatment to its cure.

Connected, however, as a consequence of remittent fever under drug-medication, there exists a liability to have enlarged spleen, general dropsy and want of blood. I never noticed, however, such liability under the Psycho-hygienic treatment. Though remittent fever will differ in severity with different individuals, and at different times and places, though, perhaps, always severer in a tropical than in a temperate clime, it is manageable everywhere under the Psycho-hygienic treatment, and should not be classed as among the dangerous or destructive diseases.

CONGESTIVE CHILLS.—This is a disease more common in the south and southwest, and is known among medical men as what is termed pernicious intermittent fever. It differs from the fever and ague in the simple fact that very severe congestion of the cerebellum takes place.

Dr. Austin Flint in his new work entitled "Flint's Principles and Practice of Medicine," says of this form of fever that it prevails at certain epochs in malarious regions, and that of the cases of simple intermittent fever which occur at these epochs the proportion in which the disease is pernicious is more or less large. He thinks the pernicious variety prevails at particular seasons in all malarious regions.

Dr. Drake in a work on the principal diseases of the interior valley of North America, printed in 1854, says that the regions in which this fever has prevailed most frequently are the level portions of Alabama, Mississippi and Louisiana; the southern shore of Lake Michigan from Chicago around to St. Joseph's River; and of Lake St. Clair and Lake Erie, from Lake Huron to Lake Ontario near the estuaries of the creeks and rivers.

Congestive chills make their appearance in the first instance in such a form to one unacquainted with their ordinary manifestations as not to alarm him, their pernicious character not being at first observed, the chilly stages at first being not very particularly marked, and when it is followed by the hot stage this is but partially developed. In some cases the person is able to pursue his business without any very great difficulty until the second chill takes place, when the symptoms become more marked, and in many instances decidedly alarming, a comatose state of the brain immediately following the chill, while other cases are characterized by delirium which shows itself before the coma. Western physicians say that in their practice they often find

their patients so actively delirious in the second stage as to require personal restraint.

In a letter which I received from a physician living in the West who has had large experience in the treatment of this form of intermittent fever, and who became entirely disheartened and discouraged at his want of success under—first, the allopathic, then the homeopathic, and thirdly, the eclectic methods, he says, “I have found that in the first stage there is great irregularity of show, one case manifesting one class of symptoms, and another case quite a different class of symptoms. But in the second stage I have found a very great uniformity of exhibition, the patient showing heavy chills with numbness in the lower limbs and in the great toes, and in the arms at or about the wrists, in one or two instances the wrists seeming to be paralyzed and the hands falling down, the patient being delirious at first and sweating profusely, followed by purging, and that by vomiting, and sometimes putting on a state of collapse such as medical writers describe to be an attendant in Asiatic cholera. Many persons whom I have treated in their first chill I have been able to cure by the use of quinine, and a few cases have recovered who have had the second chill under the administration of quinine and opium, alternated as in my best judgment I thought fit to do; but the great majority of cases have died in the second chill. And within my own personal knowledge, I know of no case where a person suffering from the third chill has recovered under the use of medicines.

"Now, I come to you as one who represents a new system of treatment, and I want your advice on the subject. What would your Psycho-hygienic treatment do?"

To this I replied: "In the first place, a man residing in a malarious district will not have congestive chills if he will live hygienically. If, however, he does not live hygienically and has one, the Psycho-hygienic treatment, properly administered, will cure him. And once cured, if he will live hygienically, he will not have another. If he has had one, and does have a second, the Psycho-hygienic treatment will cure him, provided always that his system has not been broken down by drug-medication, by debauchery in general and special living, or by age."

A year after I made my reply to his letter, giving him my thought as to the best way of treating this form of disease, he wrote me again as follows:

"Upon the receipt of your letter I accepted your views, and have followed your suggestions with the most eminent success. Out of thirty cases of congestive chills, in which the large majority of them were of the second occurrence, and three or four of the third attack, I have lost but two; whereas, under my former plan of treatment, I used to lose two out of every five. I congratulate you upon the profound philosophy which you have in respect to the nature, as well as to the method of treatment of this most terrible disease; for there is nothing, not even Asiatic cholera, nor spotted fever, nor malignant typhus fever, nor small-pox, that

so frightens our people, as this pernicious intermittent fever. It comes when one least expects it, and goes only to recur when one least expects it; and our western country is dotted with the graves of those who have died of it."

The suggestions which I made to him with reference to the treatment of this kind of fever were substantially as follows: Immerse the patient from head to foot, as soon as possible after the sensation of chilliness is perceived, in hot water. Keep him there until he sweats thoroughly. While in the bath, whether a sitz-bath or a reclining-bath, or by envelopments in woolen sheets wrung out of hot water, give him cool water to drink. There is no danger from it, provided the surface of the body be kept up at high temperature—in fact, it will make him sweat all the more profusely. Let him remain in the bath until he has complete relief to the brain and the nervous system, and the sensation of numbness in the lower limbs, and especially in the feet, has passed away. If he be faint, let him drink cold water. When the sensation of relief comes on, which it will do as soon almost as he begins to sweat, let him remain until he feels heated in his blood all through; then take him out and pack him from head to foot in a cold wet sheet, letting him lie in that until he gets thoroughly warm, when take him out, and give him a thorough dripping-sheet or towel-wash all over his body, wiping it dry and rubbing it with the dry hand thoroughly. Then put him to bed, wrapping his feet and legs up in dry warm cloths, and his head in

cool cloths, when he will be disposed to go to sleep. A little nap, if nothing more, will do him fine service. As soon as he wakes up, give him an injection of tepid water to move his bowels, provided there has been no movement that same day.

From this time onward his recovery will be rapid. But any severe exertion of body or mind should be carefully guarded against for days after he feels as well as before his sickness. It does not always follow that the second chill occurs because of the introduction of fresh malaria into the system, but because of newly developed activity of vital force against malaria previously introduced. It is, therefore, important that the patient in recovering from the first attack should guard against a second by protecting himself from fatigue or exhaustion; for if he does over-work he might have a renewal of the disease, when, if he were careful, he could avoid it. The general regimen, therefore, of a patient suffering under this form of disease, should be of the simplest possible kind so far as food, drink, dress and exercise are concerned. If he will but care for himself, he will not only not have a second attack, but he will improve his health so that he cannot have it, though he does live in a malarious district.

Curious enough, though I have never been a western practitioner, yet I have had over fifty cases of congestive chills in my Institution, the subjects of them being western men, women and children, and yet only one death has ever occurred under my care. That was a lady who, having had two congestive chills before start-

ing from home, came to us, and as soon, or nearly as soon, as she had fairly become accommodated and domesticated with us, was taken with a third. We thought she would die in a very little while; but she lived long enough for her husband to be telegraphed, and to arrive before she died.

I feel confident that if the people residing in the districts of country where congestive chills are frequent would adopt our plan of living which is simple as well as economical, they would find it a safe-guard against this form of intermittent fever. I do not think that one need have congestive chills any more than the ordinary fever and ague. And where one is attacked with it, the treatment recommended above has proved itself so successful in the cases of it with which I have had to deal, and proved so successful in the case of the physician whose correspondence and my own I have given, and also in many individual cases where by private correspondence I have recommended similar treatment, that I feel like earnestly forcing it on the attention of my readers.

CHAPTER LIV.

TYPHUS AND TYPHOID FEVERS.

THE word "typhus" is derived from a Greek word meaning stupor. The word "typhoid" is a word of Greek origin, meaning like to typhus. Physicians of the present day are disposed to declare the non-identity of these two diseases, affirming that while they show in many respects the same or similar symptoms, they differ so much in their symptoms as to justify the conclusion that they are not essentially the same, but different diseases. How this may be under drug-treatment I do not know; but in my own practice, where no medicines are given, I have not found the distinction to be so broadly established as is generally claimed by medical men who administer medicinal remedies. The most that I can say in the way of distinction is, that in the one case the disease is of a severer or more intensified type than in the other. True, there are some symptoms in the one which do not show in the other; but this is true of any disease as it exists in different persons. In no direction have I ever seen so strong and marked a difference between the symptoms which the subject of typhus or typhoid fever shows when not taking drug-medicines, as when taking them.

The difference is so great as at first sight to lead the medical observer to say, that if the person taking drug-medicines has the typhus or typhoid fever, the one who has not taken any has it not; for a greatly modified symptomatic manifestation is seen under the two administrations. Typhus and typhoid fevers, therefore, will be considered by me as essentially the same disease with different intensities; for were I to recognize the non-identity of them, the treatment which I should suggest to be given would be essentially the same. So there is no necessity of my making separate classification.

The disease is, in most cases, inaugurated by a slight or severe chill of the subject, accompanied, in many instances, with hard headache, pain in the bones, especially in what are called the shin-bones. This sometimes is so severe as to be almost intolerable. It is as painful as it is sometimes in cases of small-pox. I have never had any difficulty in breaking up typhus or typhoid fever by the Psycho-hygienic treatment, if I could have the disease to treat in its earlier manifestations.

In the year —— an Irish girl came to the town where I lived, to visit some friends. She was a freshly-landed immigrant, and within two days after she reached the house of her friends she was taken down with what is called ship fever. The disease was not well understood by the physician in the place, and it soon communicated itself to members of the family, and from them to other families, and became epidemic. A great number of persons had it, and almost all of them who

were treated by medicines died. Of the numbers taken down with it, there were eighteen brought to my Cure. Not one of them died. Some of them were very severely sick, nevertheless four weeks was the longest period that any of them were confined; while other cases in the town were sick four, five and six weeks and then died, and others were confined to their rooms for three or four months before being able to get out of doors; and when they did, it seemed as though they had suffered so much constitutional impairment as to render their future health quite questionable.

One case of a gentleman, a friend of mine, who had passed into the hands of an allopathic physician before I took him to treat, and who had administered to him thirty grains of calomel at one dose, which calomel was in him when they brought him to me, I have considered to be, on the whole, the most remarkable of any case of typhus or typhoid fever I have ever had to treat. He was a large man, weighing about 245 lbs., delirious when they brought him to me, yet within twenty-eight days he rode from my Cure to his home quite convalescent. During his sickness, however, he had such a pustular eruption as I never saw upon any other person. At one time I counted over four hundred open-mouthed boils upon his body, from the size of a pea to the size of a hickory-nut, and along the dorsal muscles, where there were no boils, at one period during his sickness the skin could be pressed together under the fingers and pus would ooze out without any

difficulty. It was considered a great triumph of the Psycho-hygienic treatment that not a case of the eighteen who were placed under my care died. I so considered it myself at the time, and do still so consider it; for if every physician in this country who has had typhus or typhoid fever to treat has so succeeded in his practice as not to have a single case in each eighteen die, his skill may be regarded, I think, as greatly to his credit. I do not, however, take credit so much to myself for my success, as I give it to the method of treatment used.

My plan of treating typhus and typhoid fevers is this: When called to a patient in the incipient stages, I endeavor, if possible, to break up the fever. I think one of the best ways to do this is to keep the top of the head covered with ice-cold cloths, or with a bladder of ice. In four or five instances I have broken up a well-established condition of typhoid fever in twelve hours by the application of ice-cloths or a bladder of ice to the top of the head. In two other cases I broke up a fever by putting a bladder of ice into the nape of the neck and letting it lie there steadily for twenty-four hours. In one or two other cases I broke up a fever by putting the whole body of the patient, save the head, into water of quite a low temperature, and letting him sit there for quite a long time, reducing the pulse greatly, and keeping him there until the nervous conditions were changed. For whatever may be the cause of this fever, whether it be by the introduction of a poison into the system, or, as some physi-

cians think, by exhaustion of the nervous energy, so as to constitute what may be called a reactionary febrile condition, the treatment, to be successful, should have its effect primarily upon the nervous system. I think that in districts of country where the disease exists (or if the non-identity theory prevails with reference to typhus and typhoid fevers where both these diseases exist), if those who have to deal with it, whether physicians or laymen, would so bring to bear heat and cold, by means of water, upon the circulation and the nervous system as essentially to change their action respectively or unitedly, they would be able to break up the fever any time within thirty-six hours of its first exhibition.

In the hydropathic treatment proper, there is not anything like energy enough displayed. Where the pulse is very quick and the skin very hot, and there is pain in the head, and perhaps pain in the bowels low down, with cold feet and legs, and cold sweating knees and cold sweating hands in the palms, there is no danger from what may be termed active or even heroic treatment. When, however, the disease has crept upon the patient unawares for days, he feeling only from day to day not quite so well as usual, or simply unwell, with loss of appetite and less of vigor to work, some headache, and irregular action of the bowels, until all at once he is prostrated and the pulse runs high, the tongue becomes furred, the eyes suffused, and chills run up and down the backbone, it is not so easy to break up the fever, and therefore the treatment need not be so heroic.

Of course in talking about breaking up fevers, I use terms in their popular sense. A fever, as my readers well know, is, of itself, a remedial effort. It is nature making an extra vital effort to change abnormal conditions of the system into those which are normal. When, therefore, I talk about breaking up a fever, I do not mean thereby to stop the vital effort that is going on, but simply to aid the vital effort to change the abnormal condition, and so re-establish the system in its natural or healthful conditions. If there be contagion in the system, it is to render it inert by a new dispensation of vital force, or else to cast it out thereby, so as to leave the system free from its effects.

Where typhoid fever is fairly established, or has got what is usually called its "conditions of run" fixed, the hydropathic or water treatment is of the first importance. Dr. Flint, of Bellevue Hospital College, says that "the known resources of therapeutics do not afford reliable means for the arrest of these fevers, or even shortening the duration of the febrile career. The measures proposed for these ends within late years are quinia in large doses, full doses of opium, and the use of the wet-sheet after the hydropathic method. The first of these, large doses of quinia, has been abundantly tried, and found to be an unsuccessful and abortive plan of treatment. Statistics reported by Dr. M. B. Peacock, of London, show an increased rate of mortality, and a longer duration in hospitals of the cases ending in recovery, as the results of the employment of quinia in large doses. The opiate plan I have tried

in a few cases. These cases have not furnished evidence of success in arresting the fever, but in some of the cases the disease appeared to be favorably modified. This plan of treatment claims further trial. The wet-sheet, after the mode practiced by the hydropathists, commonly called packing, I have tried in a small number of cases. *A distinct amelioration of the symptoms followed immediately in every case, and in two of the five cases immediate cessation of the fever followed."*

During my Psycho-hygienic practice I have treated over one hundred and fifty cases of typhus or typhoid fever. I never lost a case where I was the first and only physician called. In cases of typhoid fever, where usually abdominal lesions are seen under drug-treatment, I have found, however, in my patients these to be avoidable. I never had a case of metastatic action of the disease from bowel to brain setting up delirium and coma ultimating in death. In truth, I do not know that I ever had a half dozen persons show anything like delirium, not even to flightiness, unless it was at or about midnight for a little while at a time. When the fever is high, packs and dripping-sheets should be given. The pack may continue from fifteen to forty-five minutes as the case may be. It had better be given in the the middle of the day or thereabouts; the dripping-sheet, at a temperature of eighty-five degrees, following the pack. If the patient be too feeble to be submitted to it, then towel washings after the pack, with dry towel and hand rubbings, should be given. In my practice I usually keep the head thoroughly en

cased in wet cloths, including the back of the neck, applying warm cloths up and down the spine with cold cloths over the bowels; the bowels cleaned every day by tepid injections, the patient to be permitted to have frequent urination. If any involvement of the lungs is shown, the cold wet compress is laid over them; the patient to suck, dissolve and swallow bits of ice as frequently as he pleases; the feet to be kept warm; the room well ventilated, with shadowed light; and to have, if possible, only one set of day nurses and relays of night nurses, the same persons taking care of him during the incubation and progress of the disease. During the earlier period of the disease, I give no food. As time elapses, and it becomes necessary that the patient should eat, I give fluid foods only, and these in the form of gruels, usually preferring unbolted wheat-meal stirred into boiling water to a thickness that will make it convenient as a drink or to eat with a spoon, letting the patient have this and nothing else. As circumstances may seem to demand, I modify the applications of water, acting upon this plan that whatever part of the body is in its temperature above the ordinary level, I keep cool, and whatever part is below the ordinary level, I keep warm; thus keeping up an equalization of the circulation and an equilibrium of the nervous system, and waiting patiently for nature to work out her cure. It is the speedier, as it is by far the surer and safer method.

CHAPTER LV.

ERYSIPELAS OR ST. ANTHONY'S FIRE.

THIS is an inflammatory disease, or what may be termed a form of continued fever. Perhaps, considered as a local affection purely, it would be regarded as belonging properly to surgery; but under the aspects in which it appears in this country, it connects itself so with fever as to be regarded as a disease having constitutional aspects. Erysipelatous fever is a form of fever distinguished from other kinds of fever, because it has erysipelas as a complication. Where it exists independently of general fever, it confines itself to parts or localities of the body, and may be treated as a local disease; but where it puts on a febrile manifestation, it is oftentimes a dangerous disease, drowsiness and delirium accompanying it. The pulse becomes, under such circumstances, full and hard, and vesicles or blisters develop themselves as the disease progresses. It takes on two forms, affecting the internal and the external skin. It more commonly occurs with women than with men; is seen often in children; but shows itself amongst those who are of rather a robust constitution, and of what may be termed nervous-sanguine temperaments. It is a disease which, when it does not

affect the entire system, may affect any part of the body. It as frequently appears on the feet as on the face, on the legs as on the arms; and with persons of certain temperament or condition of body it becomes of a phlegmonous character and quite dangerous.

The causes which operate to induce it may be any which are likely to create inflammation, such as exposure to severe cold, or the external or internal use of stimulants largely. Some physicians think that certain states of the atmosphere have the effect to cause it to become epidemic. I have been rather surprised to find that among allopathic physicians erysipelas is regarded as a contagious disease; as, for instance, when a patient in the hospitals in New York is seized with it, he is removed from the chamber where other patients are to a place by himself. In all the cases which I have had to treat in my Institution, it has never occurred to me that any one could possibly be jeopardized by being brought into the freest communication with them, and no bad effects have ever resulted therefrom. Persons who are in very comfortable health have slept in a room where erysipelatos patients have been lying, and other patients, who themselves were quite sick, have remained in the same room and yet no such result as one would expect to see, if the disease be contagious, or even infectious, has ever showed itself in a single instance under our management.

My treatment for erysipelas is uniformly what may be termed antiphlogistic or anti-inflammatory. It is to deplete the system, and at the same time to purify

the blood. Abstinence as one means of depletion, packing followed by general ablution in order to excite excretion by the skin, injections to remove alvine excretions, tepid wet compresses over the inflamed parts—these with gentle nursing have always been productive of the desired results. Never under the Psycho-hygienic treatment have I yet lost an erysipelatous patient, though not infrequently we have from twenty-five to thirty of more or less severe cases in each year. Whether erysipelas be regarded as a disease to be surgically or simply medically treated, I have not found it necessary to apply any of the means which when it is surgically treated are regarded as successful. In no case, however bad, that I have ever treated, have I felt myself called upon to “line” the disease with lunar caustic; but have found that, in from three days’ to a week’s duration, I have been able to bring the disease in check, mainly keeping up the general conditions of the patient to such a degree as to make him feel that the disease was within my management. Where the swelling has begun in the face, and has extended over the head, as it has in some instances, I have never yet had a patient under my treatment who became delirious. I have seen a good many erysipelatous patients who were delirious and some of them semi-comatose; but never have I myself had a case go to that extreme. One need never have erysipelas, and, therefore, need never have to treat it, if he will live according to the laws of life and health. Whenever the disease appears, no matter in what form, it is because of an inflamma-

tory diathesis or habit of body, and persons who live upon farinaceous and fruit foods and drink water, will not have it, no matter what may be the injuries they receive.

PURPURA HEMORRHAGICA.—This disease is often seen in children and women. What its causes are is not clearly ascertained. It occurs, however, at every period in life, but oftener than otherwise inside of puberty; or, if amongst grown persons, in those whose habits are sedentary, and who live in ill-ventilated rooms, or where the air is poisoned by the effluvia arising from poisonous substances. The manifestations of it are different in different persons, the disease showing itself inwardly. Where it appears externally, there are numerous little blue-red spots upon the external skin, looking very much like bites of fleas, and called by doctors petechia. These are more numerous on the breast or inside of the arms and legs than elsewhere. They do not itch at all; but are indicative of a bad condition of the vascular system. Where they appear on the legs and arms, they are of a bright red color, the face being free; after a little they turn purple or livid. The capillary blood-vessels become so affected as that the blood extravasates and lodges in the cellular tissue, and in instances not infrequent the blood makes its way to the surface, so that there are spots on the body where the blood sensibly oozes out through the cuticle. Precedent to the appearing of the purple spots, the patient oftentimes shows great weariness of

body, and complains of aching in his lower limbs. Sometimes, however, the disease appears all of a sudden. Whenever it does appear, however, there is attendant great depression of spirits. If the pulse is not quickened, it becomes feeble, and occasionally there is a flushing of the face with an unnatural heat of the body, and subsequently, perspiration. There is no regularity as to its appearance, nor to its duration. In some instances it lasts but a little while; in others it continues for months; and there have been cases where persons have suffered from it for years.

I have had but few cases of it to treat. One very remarkable case, however, came under the care of Dr. Austin and myself. The patient was a young lad, about fourteen years old, the son of a friend of mine. When we were called to take his case in hand, he had been treated some fourteen days by an allopathic physician; had steadily grown worse, until he himself became decidedly opposed to being under his care longer, and, at his own suggestion, his parents requested our attendance. Dr. Austin and myself went to see him. We found him very low in flesh, as sallow as if he had the jaundice, greatly depressed in spirits, complaining of pain in his legs, lacking all appetite for food. After looking the case over thoroughly, and deciding that we would take it in hand, we proceeded to our treatment, which was introductorily as follows:

We had the body washed all over in quite cool water, and wiped gently and carefully until it was dry. The effect was quite marked, inducing sleep almost as

soon as the bath was finished. When the lad awoke, I gave him some wheat-meal gruel to drink; and during that day gave him a sitz-bath at a temperature of 99° for a few minutes, followed by one of 85° for eight or ten minutes. Compresses were put upon his abdomen, and his bowels were moved by tepid enemas. On the second or third day, under our directions he took a wet-sheet pack, and was washed all over after it in quite cool water. So between packing and washing, sitz-baths, compresses and enemas given, with the disuse of solid food and the use only of wheat-meal gruel, the boy commenced to gain; and in less than one fortnight from our taking the case was riding out. Since that time we have had several other cases, but none so marked as this.

ACNE.—This is a disease appearing generally on the face, more particularly on the forehead, showing itself in hard pimples or pustules on the face. It is often seen in persons of full habit of body who are scrofulous, or in those who are particularly of the bilious temperament. It never appears except in persons who have more or less morbid conditions of liver, or who are of scrofulous habit of body. It appears in its worst form generally in spring or fall; wears out in the winter, or disappears in the heat of the summer; but returns again as the seasons change so long as the conditions of the blood which first produced it continue to exist.

The remedy for it is great cleanliness of body by fre-

quent ablutions, and farinaceous and fruit diet, and such equalization of the circulation as relieves the external surface from great changes of temperature. The pimples range generally from the size of a pin-head to that of a pea. Where they are the largest, they often become hard and red, and, if pricked, bleed. In some persons they are exceedingly difficult to cure. I have known one lady whose face wore such acne as to resist the most thorough allopathic and homeopathic application, and who under the Psycho-hygienic treatment failed to improve until six months had transpired, at which time she began to improve, and went on until in about three months her face was entirely smooth, and skin as clear as it was on any other part of her body. She has had no return of it since she was cured, having lived hygienically.

CHAPTER LVI.

ULCERS.

PHYSICIANS and surgeons divide ulcers into five varieties : First, the healthy ; second, the irritable ; third, the indolent ; fourth, the varicose ; fifth, the specific.

I do not wish to say anything about the "healthy" ulcer, because, in fact, it is no ulcer at all. It is an abscess whose formation is normal, and when it has reached its extent it disappears by normal vital action. All the need there is of giving it any attention or consideration is in making the person suffering from it as comfortable as may be during the inflammatory process which precedes the suppurative. Such an ulcer is a common boil. How to treat it properly, everybody ought to know, consists in fomenting and poulticing it until the suppurative process has been completed, when the boil breaks, and relief is had, after which healing, as a general thing, proceeds rapidly.

THE IRRITABLE.—The second kind of ulcer, which is denominated by physicians the irritable, wears usually a dark purplish appearance ; has but little matter in it, and this of an ichorous appearance, the smell of which, however, is very fetid, and the effect of which

on the skin is sometimes quite corrosive. Dr. Hill in his Surgery says that the granulations in it are imperfect, spongy and of a dark red hue. The peculiarities of it are that it affects the system in general, and induces what are termed constitutional symptoms. Thus, a person having it will often show thirst and chills, will be irritable and fretful, and sometimes suffer from great prostration. At whatever part of the body the ulcer is located, there will be a painful, smarting, burning sensation present. This kind of ulcer, when neglected or badly managed, often becomes gangrenous. I had two patients in my Cure who were threatened with ulcerous gangrene. It was with a good deal of difficulty that their vital force resisted the gangrenous condition ; but by very careful dieting and soothing, emollient poultices, warm fomentations followed by cold affusions, the destructive condition was not reached. With the allopathic, eclectic, and, to some extent, the homeopathic practice, fomentations are made of bitter herbs, such as hops, poppy-leaves, and what is termed smart-weed. But these are not at all necessary. There is nothing to be gained in their use, unless it be in the case of hops and poppies, where the narcotic principle contained is absorbed into the circulation, and so relieves the patient. A very good poultice for them is made of the common carrot, which I have often tried, roasted. A bread-and-milk poultice is very good ; but these are merely soothing processes. The cure for such an ulcer is to be found in what may be called constitutional treatment. The liver, bowels, and external skin almost

always conjoin to produce it. When, therefore, one is suffering from such a morbid external disease, the treatment which is the best calculated to cure it is that which involves the blood-making organs, the organs which circulate the blood, and those organs which carry off from the blood waste matter. Packs, sitz-baths, dripping-sheets, foot-baths, as these may be easily or readily applied, constitute the external form of treatment. A rigid dietetic regimen is a *sine qua non* to cure. Proper defecation of the bowels must certainly be secured. Under such conditions, the patient will sometimes rapidly, but oftener slowly, nevertheless surely, improve. I would not advise any one having irritable ulcers to take powerful medicines internally, nor to do anything externally calculated to shock or strain the nervous system. Give the patient time, and under the Psycho-hygienic treatment, he will get well. Where there are strength and vigor enough of the body, to the other means already described there may be added quite frequent and powerful sweating.

The persons most liable to have irritable ulcers are rank meat-eaters and large drinkers of distilled or brewed liquors.

THE INDOLENT ULCER.—This, when described, proves to be almost entirely the opposite of the irritable ulcer. A distinguished surgeon says that each can be best studied in a contrast with the other. Reverse the definition of the one and you have that of the other. The indolent ulcer has the edges of the sore everted

instead of being inverted, being rounded and thick, somewhat glossy and quite regular. The granulations, instead of being red and sensitive, are of a dull, pale aspect, and insensible, with round, flat heads, and generally located on the bottom of the excavation, and have, in short, a fungoid character. The pus, instead of being ichorous, is thick and of a dark-yellow color, and so firmly adherent to the base of the ulcer that it cannot be removed without considerable force. This kind of ulcer is the more important inasmuch as it is the most common form of sore, and deserves attention from the fact that it is an affection as rarely cured by the profession generally as any that can be named, not in its nature incurable. Indolent ulcers occur most frequently on the lower extremities. I have had a great many cases to treat, and have uniformly succeeded in curing them by the Psycho-hygienic methods. I will state two cases as illustrative of my practice.

Several years since, a gentlemen brought his wife to me who had been troubled with two indolent ulcers on the inside of her right leg, about two-thirds of the way from the knee to the ankle-joint. She had had them for four years, and had exhausted the resources of medicine and surgery, as usually applied by the best physicians and surgeons of the Northwest. She had consulted distinguished medical men in Milwaukee, Detroit, Davenport, Chicago, Cincinnati, Columbus, Cleveland, Buffalo, Rochester and Syracuse. These gentlemen had made examinations, and prescribed, and she had followed their treatment. But so far from being bene-

fited thereby, on the whole she had been made worse; for while she was no better as respected her ulcers, she was worse as respected her general health. The ulcers were about two inches apart; one the size of the top of a small tea-cup; the other the size of its bottom. The larger one had extended itself, originally not having been larger than the smaller of the two; but curiously enough its extension was made in a direction opposite to the other, and so they had remained distinct ulcers instead of becoming confluent. I saw at once that the treatment she must have, if it were to prove curative, should be mainly constitutional. So I told her husband that, if he would give her to me for six months, I not only thought that I could have the ulcers heal, but that she would be in so much better conditions than she had been as that they should not break out again.

I put her under the following treatment: Her diet was composed entirely of preparations of wheat-meal in the way of unleavened bread, Graham pudding, Graham gruel and sub-acid fruits, she eating no beans or peas, potatoes, carrots, turnips nor any kind of vegetables. For four months, twice a day, she had this food.

Her baths for the first six weeks were a wet-sheet pack from thirty to forty-five minutes, followed by a dripping-sheet for a minute and a-half, at a temperature of 85°, one minute; 80°, half a minute; rubbed dry and warm afterwards; abdominal bandages night and day; injections of tepid water once in twenty-four hours;

from a-half pint to three pints of soft water a day for drink ; a douche on the ulcerated leg for five minutes, by pouring over it water as hot as could be borne, alternating with water as cold as could be borne (a dipperful of warm then of cold, and so on for the entire time) ; the wearing of wet compresses on the leg ; the wearing of the American costume, and life, as much as possible, in the open air.

When four months were gone, the ulcers were healed ; the leg sound ; the woman, to all intents and purposes, healthy. She so remained, for four years, at the expiration of which time I lost knowledge of her condition, and have not heard from her since.

The second case is, on the whole, more remarkable than the former. A gentleman said to me, "My wife is out of health, and I have been thinking for some time that I would like to speak to you about her."

"What is the matter with her ?" I asked.

"She is in poor health generally, but has an ulcerous leg ; and I have exhausted my purse and my patience in the employment of physicians, to no purpose."

Being so situated that I could visit the lady, I said, "Well, if you wish, I will go and see her ; then, perhaps, I may be able to tell you what I can do."

He expressed himself as very desirous to have me do so, and I went. I found his wife to be a woman of about fifty years of age, who had had this ulcer for fifteen years ; was dyspeptic, scrofulous and predisposed to consumption. I talked with her, got at her feelings and conditions, and then said to him :

"Your wife can be cured, and by processes very simple but sure, provided she will do as I tell her."

She expressed herself as willing to do anything that she could do and remain at home, saying that it was impossible for her to go away from home. I told her that I thought it was not necessary; that she might get well in her own house. She was a large meat-eater, tea-drinker, coffee-drinker, butter-eater, salt-eater, spice-eater, taking medicines all the time, and applying some sort of ointment or lotion to her leg all the while.

I made her a prescription as follows: To give up meat, butter, spices, common salt; to drink no tea or coffee; to drink only soft water; to eat for her food unleavened bread, Graham pudding and sub-acid fruits; or, in their stead, any kind of vegetable which she liked so it was simply cooked; to wear abdominal bandages day and night; to wash her body all over every day; to keep wet compresses on her leg; to keep herself free from company; and from the cares of the family, and to live largely out of doors. She said she would do so.

I saw nothing more of her nor heard from her, nor do I recollect to have thought of her for the next six months, till one evening I met her husband at a public convocation, when he said to me, "Come and see your patient;" and he took me around where she sat, looking as nice and as fine as any woman could; health good; ulcers entirely healed, and she rejoicing greatly in her newly-recovered health. - So true is it that God's mightiest things are his simplest things.

THE VARICOSE ULCER.—This is an ulcer which always arises from, or is dependent upon, a swollen, or what is termed a varicose, condition of the neighboring veins. The same treatment which has to be given for either the irritable or the indolent ulcer is proper for this. Perhaps the treatment needs to be more thoroughly localized in this than in either of the other cases; but, notwithstanding, constitutional treatment is important. Where varicose ulcers exist, they cannot be cured if the practice of ligating the part affected is kept up. As they oftener than otherwise appear on the lower extremities, and as all the small veins in the region are involved, anything like the wearing of garters or elastics is inadmissible. To do so is to render the cure impossible.

THE SPECIFIC ULCER.—These are sores which grow out of some specific inflammation, such as scrofula or venereal poison, and are to be cured by constitutional treatment only. They defy medicinal remedies. If, being located on one part of the body, they are cured by medicinal administration, it is only to break out in another part of the body. The treatment, therefore, which is necessary and proper for scrofula or syphilitic disease in any of its chronic forms, is the treatment fit for this; and as I have called attention to this class of diseases in a work on "THE SEXUAL ORGANISM," and in "CONSUMPTION," I forbear to discuss them at length here, saying only with reference to them that the Psycho-hygienic method of living, as well as of treating disease, is the true method for curing them.

BOILS.—A boil is an inflammation of the cellular tissue and the skin ; by surgeons it is termed a furuncle. It is liable to occur on any portion of the body, more commonly, however, upon the buttocks, nape of the neck, fingers, or face, oftentimes numbers coming in succession, or in groups, or on the same part closely adjacent to each other. The causes of the boil are not readily appreciable ; the most that can be said about them is that they are the result of an effort of the vital force to expel acrid, excrementitious matters. I think no person has them who has not disordered digestion or derangement of the secretories. Usually, it is supposed that persons who have them have disorder of the liver ; or, if they are women, that when they have them their appearance is connected with some derangement of the menstrual flux.

When the boil first begins, it appears upon the skin as a little red, hard pimple, enlarging itself under the extension or inflammation of the part until it swells up and looks like a cone. As it varies in size from a pea to a large-sized apple, the pain which is felt in it is, or may be, exceedingly severe. When it first begins, the pain is of a burning, smarting kind ; when suppuration is nearly reached the pain becomes throbbing or pulsative. Sympathetic irritation often exists, especially when the boil appears in the region of the large glands.

Boils are of different kinds ; they are called common boils or carbuncles. But whatever may be the peculiar causes which produce them, they are, in the main, the same, and the treatment should be essentially the same,

varied of course by the intensity of the inflammation and of the suffering of the patient. Under the Psycho-hygienic treatment, involving as this does the use of water and of all other hygienic means which are calculated to produce change from worse to better, the ordinary boil is quite a common form of crisis with our patients.

The appearance of anthrax or carbuncle is less common, but has often enough appeared to make me entirely familiar with it. The most common seat of the carbuncle is the nape of the neck, though I have seen a good many of them in the region of the fifth dorsal vertebra. I think that persons who drink largely of ale, and live upon fat meats, are much more liable to have this form of boil than persons who live more healthfully. The extent of the inflammation of the carbuncle ranges from that of an inch in diameter to four or five inches. Dr. Gross, in his *System of Surgery*, says that little or nothing is known of the exciting causes of carbuncle. The outbreak is commonly ascribed to the effects of cold, to disorders of the stomach, overeating, constipation of the bowels, loss of sleep, excessive venery, and other debilitating influences; but how far, or in what degree these circumstances tend to favor its development, it is impossible to say. My experience does not lead me to such conclusions; for those who have had the carbuncular boil while under Psycho-hygienic treatment, have not been persons given to debauchery in any sense, unless it has been in the direction of drug-medication. The disease, therefore,

I regard as of constitutional character, as I do erysipelas; it may as readily appear in a person whose habit of body is scrofulous, whose conditions of living have been somewhat one side of the right, who has taken a good deal of medicine or drunk long, though in moderation, of malt or distilled liquors, or who has drunk so largely of mineral waters that cathartic action of the bowels has entirely ceased, no matter how much water is drunk, as from causes which involve great debauchery. I am disposed, therefore, to think that it is not a bad state of the solids, as some physicians suppose, which induces the carbuncular manifestation, but that the blood is befouled with excrementitious matters, which the eliminative organs have not been able to throw off, and that when they have come under Psycho-hygienic treatment and changes are instituted, demanding the casting out of acrid or poisonous materials, the form of this excretion is carbuncular.

Whenever I have had one appear on a patient, I have recognized the fact that the general system strongly sympathizes with the local affection, and so my treatment has been made accordant to this conviction. I have never seen a single case, though I have had some very severe cases, where I have thought the life of the patient was in the least danger. I know, however, that persons do, under the drug-medicating treatment, frequently die. I wish I could induce every surgeon in the country to employ Psycho-hygienic methods in severe cases. I think that if he would, he would find his success vastly greater than under the methods

usually in vogue. For instance, there is no necessity for bleeding or actively purging a patient, no matter whether there be extraordinary fullness of blood or of body. It is far better to produce a change in the secretions by means of the skin at large, than through the action of the bowels under the use of purgatives. Mercurial cathartics are decidedly contra-indicated. They never should be given. Nor should emetics be given, however great the gastric derangements; nor need stimulants nor tonics be given, even though there be some manifestation of cerebral involvement; nor need anodynes be given to procure sleep; nor need blisters be applied. This whole method of treating an inflammatory skin and cellular tissue disease is unphilosophical, and should give way to a better method, which may be as follows: Deplete the body by abstinence from food at first; sustain the body by tonic baths and semi-fluid foods; let nitrogeous instead of carbonaceous foods be given. This is all that needs to be done. Of course, as you would treat any person having local or general fever, so treat a person having carbuncular inflammation. Packs, sitz-baths, dripping-sheets, bandages about the abdomen, injections of tepid water, cool cloths to the head, ventilated rooms, quiet surroundings, pleasant associations, with food made out of grains and fruits, will prove as much more efficient and successful than the common plan as one can think. When the patient begins to improve, change of scene may be made.

In a practice as extensive as is mine, under critical

actions as numerous as I have to deal with, one may see in the course of a year more of this form of boils than in an ordinary city or country practice a physician would see in a lifetime. I do but state the simple truth when I say that not one time in a hundred would a person having a carbuncle run any risk of dying under the commonest knowledge how to make a fair application of Psycho-hygienic treatment.

CHAPTER LVII.

BURNS AND SCALDS.

To treat injuries of this sort might well pass under the head of surgery, and therefore I might omit all allusion thereto. It may, however, not be thought improper for me to say a few words with reference to the best method of treating them, because, after the hygienic idea of what disease is, these injuries may be called diseases.

The human skin is, on the whole, as important an organ as any of the human body; and while it can, perhaps, perform its functions to such degree as will enable the body to retain general vital relations to its uses and offices, though the skin be diseased, better than any other organ in the body can do, nevertheless there is a point beyond which the skin itself cannot be injured and made to take on unhealthy conditions, and yet be able to perform its functions. Burns or scalds, whether made by the heat of fire or by heated fluids, are dangerous only as they are extensive. If they are local, nature takes care of the difficulty by the healing process which immediately begins after the scald or

burn is received ; but if large portions of the skin are destroyed, then the system becomes so deranged, both in respect to the circulation of the blood as well as to the irritation of the nervous system, as to render restoration doubtful if not impossible.

In the way of treating local burns or scalds, the treatment is to keep the part from the air. Anything which will do this may, in itself, serve a remedial purpose. Thus any poultice or plaster made of flour or any substance which can be spread on the burned part, and not inflame it by irritating the raw flesh, serves a temporary purpose. It becomes, in a measure, to the part injured, an artificial skin.

I have never had but one serious scald or burn to deal with, and that I treated by immersing the entire part in water, keeping it there hour by hour for days, taking it out only when I felt that it was prudent to do so, either because of the desire of the patient to have it done, or because of the necessity of change of posture to the patient ; but, as soon as I could, placing the part back in water and covering it all up by it. It proved to be a most successful way of treating the injury, and enabled the sufferer to sustain the pain better than in any other way of which I could conceive.

When burns or scalds occur, water dressings are therefore of great value, provided the applications be of substances which are soft and delicate in their texture. Wet these in water, and apply to the injured part, and keep them wet all the while. Nature will

produce healing quicker in burns and scalds, as in all kinds of wounds, under the application of water, than of any other substance which I know.

TUMORS.—Most physicians, and I think many surgeons, would be surprised if they could witness the changes which go on in the human body in the reduction and disappearance of tumors under Psycho-hygienic treatment. I am quite disposed to think that, in many cases where surgery proper is considered as the only remedy for certain classes of tumorous growths, the Psycho-hygienic treatment, properly and sedulously applied, can render the knife or caustic quite unnecessary. I propose here to allude to some cases of treatment which have passed under my own management going to show the correctness of this view.

BRONCHOCELE.—This is a hard tumorous enlargement of the thyroid gland, a gland situated in the front part of the neck, just below the skin, which is called in common phrase "Adam's apple." The disease is known ordinarily by the name of "goitre." In the early stage of its appearance the tumor is elastic and quite soft, oftentimes growing to a large size, and becoming solid and compact in its formation as it advances.

The places where it is said to be more prevalent than in others are the valleys of Switzerland and the Tyrol, though in Derbyshire, England, it is very prevalent. In these districts of country writers affirm that more

women have the disease than men. Few children, even in these districts, have it. It only appears in persons who have arrived at puberty. It is supposed to be more common with persons who live in malarious or marshy places; but I do not believe that this would be the case if such persons were able in all respects, except in the direction of the atmosphere, to live as healthfully as persons do who live upon dry, high lands.

It is generally considered, when well developed, to be an incurable disease, surgery not being able to apply its remedial resources by cutting the tumor out, the place where it is located and the way of its growth both forbidding the expectation of successful excision. To stimulate the absorbents, therefore, so as to reduce it and carry it away is the method of practice. The particular specific which physicians and surgeons used a few years ago, and upon which they relied more than any other, was iodine. It was given internally and applied as ointment externally, but failed to produce the effect desired, in many cases the constitution of the patient breaking down under the administration.

The way which I have followed in the treatment of bronchocele, and under which I have had, in several instances most marked success, has been the paying of great attention to the conditions of living of the patient, such, for instance, as giving him grains, simply prepared, with sub-acid fruits for food and soft water as a drink; keeping him upon this for months, and, in a few instances, for two or three years. I was led to

adopt this dietetic practice in view of the results which were produced by a celebrated English physician, Dr. Lamb, in the treatment of cancers. His success suggested to me the idea of treating scrofulous accretions in this particular way. So, keeping from the patient all kinds of greasy or complicated foods, and causing him to eat farinaceous and fruit foods exclusively, for such a length of time as to produce marked changes in the structure of his body at large, I have found, when this course was accompanied by proper hydro-pathic treatment, most excellent results to flow therefrom.

One case which will illustrate my idea, but which was no more successfully treated than a dozen other cases, though, perhaps, none of them were as bad as this, I placed under the following conditions: In the morning the patient was required to get up and walk half a mile; to eat his breakfast at eight o'clock—food consisting of unleavened bread, Graham pudding, some sub-acid fruit uncooked, and water; dinner at three o'clock, the same in kind as breakfast, though, perhaps, a little less in quantity; at eleven o'clock each day a bath, one day a sitz-bath at a temperature of 85° for twenty minutes, 80° for ten minutes; the other day a wet-sheet pack with fomentations over the bowels and over the neck upon going in; duration of pack forty minutes; to come out and take a half-bath at a temperature of 85° , rubbed by two persons, to be followed by a spray at 72° of one minute, on the tumorous portion of the neck, the patient standing in a foot-bath at a tem-

perature of 105° ; after being wiped, to put on a wet compress on the goitre and wear it night and day, as also over the abdomen; bowels kept open when needful by tepid injections of soft water; life in the open air; dress warmly and loosely. In the course of eighteen months, the goitre which was as large apparently as a hen's egg, lying directly over the thyroid gland in part, and extending around to the right side of the neck, had entirely disappeared. There was, however, no greater change in the conditions of this patient in respect to the disappearance of his tumor than there was in his general appearance. When he came under my treatment he was as feeble and inactive a person as could well be found of his age, complaining of want of power, of a sense of debility upon him all the time; his appetite would be one day voracious, the next day capricious, and the third day perhaps entirely gone. But after his bronchocele was cured, he became fleshy and fair-looking, quite sprightly in his appearance, and as active and companionable a person as one could well desire. I confess that I myself was astonished at the result; but I have ceased to be so since my discovery of the principle of reconstruction that exists in the human body under proper applications of its vital force. I am disposed, therefore, to think that where persons of a scrofulous or tumorous diathesis of body are afflicted with any such defective organization of blood, or of its circulation and its organization into tissues, as to lead to the formation of abnormal growths, or to any modification of structure aside from the right line

of growth of it, proper external conditions of living, under a proper use of hygienic agents and influences, will produce results such as at first will astonish the most candid and reflective observer.

CHAPTER LVIII.

VARICOSE VEINS.

A GREAT many women in this country who have passed middle life know what this disease is. Curious enough it is, that where one man has varicosity of veins, notwithstanding the much greater strain that he puts upon the legs in his use of them, ten women have them. I account for it in two ways; one that the habits of women are much more sedentary than those of men, and the sitting posture is decidedly unfavorable to venous circulation; the other is that women in their style of dress ligate the lower limbs in the wearing of tight shoes, which in themselves are very bad, and in the wearing of garters just below the knee for the purpose of keeping the stockings up and smooth on the leg. Perhaps, also, the wearing of their clothes about their hips tied with strings or cords, as has been commonly the case, has also something to do in the matter, for to the degree that the circulation upward is checked, to that degree is varicosity of vein likely to be produced. The veins are the vessels which carry the blood back to the heart. From that part of the body which is below the heart they have to carry the blood against the law of gravity. In order, however, to the doing of this

successfully, the veins are constructed with valves in them, which open from below upward, so that the blood in its passage upward opens these valves; as soon as a portion of it has passed, the valves set back and keep it there, while the blood below pushes the valves open, and this propels the blood into another venous chamber which is also constituted by a valve opening from below upward. Now, when from any cause, either by ligatures applied about the limb, or from crookedness in posture, or from any cause or causes whatever, the blood is obstructed from above, the tendency of it is to accumulate in such quantity as to extend the vein sideways, making it larger than natural. In this way the valves become too small for the purpose for which they are made, and drop down in the vein and let the blood set back. This condition is what is called varicosity or enlargement of the blood-vessel. Sometimes this dilatation or enlargement becomes so great as to render the vein useless as a tube for carrying the blood, and the blood accumulates in such quantity and is pushed on so feebly that irritation and inflammation of the coats of the veins supervene. You have then what is called varicose inflammation, which is a dangerous disease, and very difficult to cure, and which, if it is not cured, kills the patient.

I have tried to explain the origin of varicose veins that the common reader might get some idea of the mechanical obstruction that exists in its production. I have not tried to be very precise and scientific, but only intelligent in the matter, bringing my description

within such a range as would be suggestively available. This disease is usually considered to be only curable by surgical operation. First and last, however, I have had probably a hundred persons, four-fifths of whom were women, to treat for varicose veins of the legs. In some cases I have had varicosity of the spermatic veins to treat, but usually those of the legs. I have been surprised, not to say astonished, to see how wonderfully Nature takes up even so bad a structural condition as this disease shows, and rectifies it on the best possible plan, when once the patient is brought into the best possible conditions for having it done. I am sure that there is a field of observation here which it is very desirable for medical men and surgeons to explore.

I recollect, some years ago, having a case of varicose veins to treat. The gentleman was one who had consulted many surgeons, and they had told him that the disease was so extensive that nothing within the line of an operation could benefit him; and that he must make his life as comfortable as he could, and accept the issue philosophically. He came to me and I put him under treatment. He was a man who in every respect, except in his dietetic habits, had been a careful and temperate liver; but he ate badly, and drank coffee enormously, and had dyspepsia. I put him under Psycho-hygienic treatment. In the course of six or eight weeks he was taken down with a general fever, and inflammation of the varicose veins of the legs set up. We carried him through the fever, and succeeded in reducing the venous inflammation, and when he re-

covered, his veins were almost normal in their appearance. Circumstances rendered it necessary for him to commence business sooner than I advised, and so he did not get the full benefit of a course of treatment; but such was the permanent improvement in his case that he is now living, and works as hard as any man, and his veins are not nearly so large as they were when he came under my management, and give him but very little, if any trouble. The improvement was so marked that when he went to his home, he submitted his case to the inspection of the surgeons whom he had consulted, and his own declaration was that "more astonished men one never saw." They wanted to know of him what had been done to produce so remarkable a change in the appearance of his veins, and in the condition of his health generally; and when he told them that he had been under Psycho-hygienic treatment, they expressed themselves in the most eulogistic terms of the results produced by it in his case.

The treatment which I gave him, and which in general I give to such cases, is that which tends to produce a change in the quality of the blood as well as in the vigor of its distribution. I have found in this disease that sluggishness of circulation is as often produced by impurities in the blood, as by any other cause. That this should be the case is to be accounted for perhaps as much on the ground of debilitation of the nervous system as on any other ground; for it is true that the nervous system soon becomes affected in its manifestations of power when the blood which furnishes it vigor

to work with becomes impure, as from undue or over-use of such power. One may get sick from want of power as readily and as decidedly as from over use of power ; and where the blood, under the general habits of living of a person, becomes greatly depraved and deteriorated in quality, disease may arise in certain structures therefrom, as well as from exhaustion of nervous force consequent upon too severe and too long continued labor. To treat varicose veins, therefore, successfully, one not only needs proper surgical appliances, such as a bandage, in order to furnish artificial contractility to enable the blood to pass along its course, but such treatment also as will improve the general health and increase the disposable vigor, and in this way aid in producing normal conditions of the structure affected.

BATHS,

AND

HOW TO TAKE THEM.

By MISS HARRIET N. AUSTIN, M.D.

To many persons the descriptions and explanations below may seem unnecessarily minute, but they will not, I think, to him who has had much experience in giving instructions for home-treatment. He who has seen persons attempt to take sitz-baths in wash-bowls, to take half-baths without undressing, to give a dripping-sheet by wetting one corner of the sheet in cold water, or to give hot fomentations with a small linen towel, or a bit of flannel as large as his two hands, has learned how crude are the notions of the people in regard to the whole matter of water-treatment. A vast deal of injury has been done in this method of treatment, as well by the bungling use of appliances, which, if skillfully used, would have been entirely proper, as by the use of such as were wholly unsuited to the person to whom they were administered.

We do not give *heroic* treatment. We do not believe in it. Our baths are all mild, and given at not very frequent intervals. The first thing to be done when a

bath is to be given is to prepare the room, making it of a *comfortable temperature*. The second is to prepare the bath, using *soft water*, and making it of the *right temperature, as indicated by a thermometer*. Persons sometimes ask us to explain what we mean by certain temperatures, so that they can get along without a thermometer. This is impossible. The terms hot, cold, warm, tepid, are so indefinite, and convey so different impressions to different persons, as to be entirely unreliable in giving directions. What is hot to one person is cold to another, in the morbid states through which sick persons pass. And the sensations of healthy persons are so variable that they cannot be relied upon to temper baths by the touch, for those with whom a slight change is of consequence. Of course the line where cold passes into tepid, or tepid into warm, is inappreciable, but in general terms I should consider a bath at 75° Fahrenheit cold, at 85°, tepid, at 95°, warm, and at 105°, hot. The idea that the hotter a person is, the colder should be his bath, is productive of great mischief. The true rule is exactly the reverse of this; that is, a person in a *high fever* should have his bath at a *higher temperature* than if he had no fever; for what, in the latter case, would be a pleasant temperature to him, might be shockingly cold in the former. So, while in such conditions a bath at 90° would subdue the fever, one at 75° would be likely to produce violent reaction, and in half an hour the fever would be higher than before.*

* If a person in fever is to be packed, his conditions are much

Having the bath ready, the next thing is to get the patient ready. One who is suffering from acute disease may often, when feeling nervous, and restless, and exhausted, be greatly refreshed and soothed by the administration of a bath. But persons who are taking a course of treatment for chronic ailments, or those who simply bathe for cleanliness, should never take their baths when *tired*. Baths are always most beneficial in their effects when taken with the body at its highest point of vigor. Hence, as a rule, ten or eleven o'clock in the day is the best hour for bathing. When this is impracticable, the hours of rising or retiring are unobjectionable. No bath should be taken immediately *after or before a meal*. Care should be taken to have the *feet warm* on coming for a bath. In cases where they are habitually cold and cannot be warmed by exercise, it is often well to take a warm foot-bath for a few minutes before a general bath or a pack. Next, the patient lays aside all his clothing, and *wets his forehead and top of the head* in the bath or cool water; and if the bath is continued beyond a few minutes, like a sitz-bath, a wet towel or cap should be kept on the head. If the bath is to be *reduced*, as we very frequently do, as reducing a half or sitz-bath from 90° to 85° or 80°, the patient rises out of the water while the attendant pours in cold water. *Soap* should never be used except for persons who bathe very sel-
more readily and safely controlled by wetting *two sheets* in water at 90°, wringing them but slightly, and packing him in them, or even by putting him into a fresh pack when the first one becomes heated, than by putting him into a cold sheet.

dom, or who are very dirty. When a person comes from any general bath, that is, having the whole surface bathed, he should be instantly enveloped in his *wiping-sheet*, and himself and the attendant should fall to rubbing vigorously. Sheets should be made specially for bathing purposes. A common cotton bed-sheet will answer for wiping; for a sheet of some kind must be used, towels after a general bath being entirely unfit, and *crash towels* quite out of the question. But for packing or dripping-sheets, *use linen*, and have the sheet not longer than to reach from the person's head to his heels. The fabric may be coarse and heavy, but must be *soft and smooth*.

As soon as the skin is thoroughly dried after a bath, the sheet is removed and the rubbing continued briskly and gently over the whole surface, *with the dry hands*, for four or five minutes. A healthy person can do his own rubbing, but the invalid is greatly benefited by having an *assistant*; and everything that this person has to do in administering the treatment, should be done with energy and expedition, not leaving the patient in a shivering, uncomfortable state for even the shortest length of time.

After getting through with the bath, *immediate* means must be taken to establish *thorough and permanent reaction*. If the person has a good degree of strength, he may go out well dressed for a brisk walk, or to split wood, or fodder the cattle, or do anything which will keep him stirring. But in the case of very delicate persons, it is often better, particularly if the

weather is inclement, to *go to bed*, well covered up, with a cool cloth on the head and a warm blanket at the feet, if needful, and lie for an hour or two, till the circulation becomes entirely quiet. And sometimes comparatively strong persons do well to follow this course, and get up and take their exercise afterward. If a person uses these means, and still grows chilly thirty or sixty minutes after his bath, or if, after an hour or two, he feels an unusual languor or exhaustion, his bath has done him *harm instead of good*.

GENERAL BATHS.

The HALF-BATH, so called because about half the person is immersed in water, is taken in a tub about four and a half feet long, twenty-six inches broad toward the widest end, and gradually tapering till it is no more than fifteen inches broad toward the other end, and eleven or twelve inches high. At least, this is a convenient size and shape. Ours are made with staves and hoops, and sit on wooden horses about twenty inches high, with a hole stopped with a plug in the bottom, at the small end. The bath is prepared at the right temperature, about six inches deep; the patient wets his head and steps into it, sitting down in the broad end of the tub, with his feet extended toward the narrow end. To have it done just right, there should be two attendants, one to rub the patient's legs and the other to rub his back and arms, while he rubs the front part of his body. The rubbing should be done lightly and briskly, dipping the water up on to

the body with the hands very frequently. The common time to continue the bath is for two minutes, though to gain a particular and it is often continued much longer.

In an institution where all the apparatus is at hand, this is one of the most convenient, pleasant, and efficient forms of bath.

The PLUNGE is taken in a tub four or five feet deep, nearly filled with water, and so narrow that the person can place a hand on each side of the tub, leap in, crouch down till the water rises to his chin, and then leap out. This is a very pleasant, and, if taken cold, a very exhilarating form of bath. When arranged, as we have it at OUR HOME, so that the temperature of the water can be raised to about 75° or 80°, it is one of the best baths which a robust, healthy person can take for cleanliness, daily or tri-weekly.

The DRIPPING-SHEET will, perhaps, be found to be more practicable for invalids in families, than any other form of bath. It requires but little water, can be taken on the nicest carpet, and if mild in its temperature, produces very mild reactions. An oil-cloth should be spread on the floor or carpet, and the sheet put in a pail half full of water. The patient stands in the middle of the cloth, and the attendant raises the sheet by two of its corners and throws it around him, so as to completely envelop him from his neck to his feet, and immediately falls to rubbing him vigorously with both hands, over the sheet. If desired, the sheet can be partly relieved of the water by squeezing through the

hand, as it is raised from the pail. It is common to apply the sheet twice; first in front, lapping it behind, rubbing one minute, then removing, dipping in the water again, and putting around from behind, and rubbing another minute. A very feeble person can take this bath sitting on a stool, if need be; but in that case there should be two persons to rub outside the sheet. Or a strong person can take it alone, as he can reach nearly every part of his person to rub, and can wash his back by drawing the sheet across it. It is an excellent bath.

The *PAIL-DOUCHE* should be taken in a room where a portion of the floor is lower than the main part, and from which the water is carried off by a drain. From one to six pails full of water may be used. The person stands on the depressed floor, and the attendant, standing four or five feet away, takes up a pail and dashes the water with considerable force, at three or four dashes, over him, letting it strike near the upper part of the body, and so run down and cover him; the recipient meantime turning slowly round, so as to receive the water on all parts of the body. This is a very pleasant bath, if not taken below 80°, and entirely unobjectionable to be used daily for cleanliness by persons in health.

The *Towel-Washing* has no advantages over the dripping-sheet, except in instances where it is used simply for cleanliness, and is more convenient, or where the person is too feeble to sit up. One who is *very* feeble may be bathed in this way without fatigue or

exertion. The nurse uncovers an arm, or a leg, or a small portion of the body at a time, partially wrings a soft towel out of tepid water, and washes the part quickly and gently, wipes with a soft towel, rubs with the warm, dry hand, covers again, and so proceeds till the whole surface is washed. Or, if this is too much at one time, the operation may be suspended an hour or two. Patients who are feverish are often greatly soothed and comforted by having the back bathed in this way several times in a day, or even by having the face, hands, and feet bathed. Water may be used more freely by spreading a dry sheet or blanket under the patient to protect his bed. If the patient is able to get up for his bath, the dripping-sheet should be used instead of a towel.

THE PACK.

Preparation is made for the PACK on a bed or lounge, the pillow lying in its place, and two warm comfortables and a woolen blanket, or as many blankets as will amount to these in quantity, being spread upon it. Over these is spread the wet sheet, slightly wrung, and so high up that it will reach but a few inches below the knees, and may be wrapped around the head. The patient immediately places himself upon this, on his back, his arms at his sides, and the attendant quickly brings the corner of the sheet over from the farther side, under the chin, and tucks it under the near shoulder, and up close to the neck, and then all along down the body to the bottom of the sheet. Then the

opposite side of the sheet is spread over and tucked under in the same way. Then one side of the blanket, then the other, and so of the comfortables, being sure to make these snug around the feet. If there is liability that the feet will grow cold, they should be wrapped in a warm blanket or have a bottle of hot water placed near them, outside the blanket. Sometimes we wrap them in flannel folded and wrung out of hot water; and very frequently, when persons have local congestions, as of the lungs, liver, or throat, we place over the part hot, wet flannels when we put them in pack. I have known persons who could not take a pack in the ordinary way without chilling, have them administered with great benefit by placing a strip of hot flannel up and down the back-bone, inside the wet sheet. A cool wet towel should be laid on the forehead, and the person left entirely quiet, and in three times out of four he will go to sleep and get a delicious nap. He should not be left alone, however, unless he is accustomed to it, as he may become very nervous on finding himself alone and helpless. The rule for remaining in the pack, if the patient is quiet, is till he feels thoroughly warm; say from twenty-five to sixty minutes. It is usual to give persons some form of general bath, as described above, the moment he is taken out of pack; though with feeble persons we sometimes throw the dry sheet round them instead, and wipe immediately. Or such one may take a towel-washing, lying still, and being only partly uncovered at a time.

LOCAL BATHS:

The SITZ-BATH may be taken in a common-sized wash-tub, though we have tubs made on purpose, which are higher at the back, with so much water as nearly to fill the tub when the person sits down. The person should remove all his clothing, except his shoes and stockings, and be well-wrapped up in his bath with a comfortable. Many times it is desirable to undress the feet also, and take a warm foot-bath while a tepid sitz-bath is taken. In this case, the feet should be dipped into the cool water when taken out of the warm-bath. A cool wet cloth or cap should be worn on the head. This bath is continued from five to ninety minutes, to meet conditions: though the more usual time is from fifteen to thirty minutes.

The SHALLOW-BATH may be taken in any tub sufficiently large to allow the person to be immersed in water to the hips, as he sits or stands in it. The upper portion of the body should be covered with a blanket or warm wrapper. This bath is continued from five to thirty minutes. Sometimes, however, it is taken sitting, in a half-bath tub, an attendant rubbing the limbs, and in such case it is continued from one to five minutes.

The HAND-WASHING is performed by dipping the hands frequently in a vessel of water, and rubbing vigorously a limited portion of the surface, as over the chest, abdomen, liver, spleen, or spinal column. Severe congestions are sometimes relieved by this process—

dipping the hands alternately in cold and hot water, and continuing it ten to twenty minutes.

FOOT-BATHS are made from one to five inches in depth, in a keeler or common pail, and are continued from five to twenty minutes. HAND-BATHS taken alone or with foot-baths are often beneficial.

When FOMENTATIONS are to be applied to any part of the trunk of the body, the better plan is to double a woolen blanket and spread it on a bed, and let the patient undress and lie down upon it. A flannel folded to about six thicknesses is then wrung out of hot water and placed upon the part to be fomented; the blanket is brought over it, first from one side and then the other, and then the bedclothes spread over all. The cloth should be applied at such a temperature as to feel decidedly warm, or pleasantly (not unpleasantly) hot; and should be replaced by a fresh one as often as it grows cool—say from six or eight to twelve or fifteen minutes. The head must be kept cool and the feet warm. The applications may be continued from ten minutes to two hours, as occasion requires. On finally removing the flannel cloth, the part fomented must be washed off with cool water—say at 85° or 80°—unless a cool bath is to follow, or a cool bandage or compress is to be applied. Here is an important point: Whenever water is applied to any part, or the whole, of the body at so high a temperature as to relax the coats of the capillaries and distend them with blood, it must be followed by an application at so low a temperature as to constringe the vessels and restore their tone. Otherwise

there is great liability to take cold. Hence, the old fashioned way of "soaking the feet in hot water," on going to bed at night, for a cold, had to be done with great care to avoid adding to the cold. If the hot-bath had been followed by a cold one, there would have been no difficulty.

SWEATING.

One of the most convenient and efficient methods of inducing sweating is to place the patient in a sitz-bath, with a foot-bath, letting both be as warm as can well be borne. He must be well-covered with a comfortable, and as the baths gradually cool, hot water can be added. The head must be kept well wet with cold water, and watch kept that the patient does not grow faint. When perspiration is thoroughly established, he may take a half-bath or dripping-sheet, and go to bed. If it is desired to check the perspiration entirely, a good way is to commence the half-bath as high as 90° , and gradually reduce it to 80° , or lower. One of the safest and most effectual modes of breaking up a severe cold for a robust person, is to place him in the hot-bath till he sweats profusely, and then transfer him immediately to a pack at about 80° , and follow this by a dripping-sheet, and send him to bed with but little to eat for two or three days. If there is congestion of the throat or lungs, it is sometimes well to foment the parts while in the hot-bath. Such a course as this is a considerable tax upon the strength, and should be followed by, at least, several hours' repose in bed. If, after going to bed, the sweating continues too long, it should be

checked by a cold bath ; or, if it continues at all, it is well to rub off the surface with a wet towel on rising.

EMETICS

Of warm water should be administered at the temperature most sickening to the patient, probably about 90°. The draughts should be taken at short intervals, not allowing time for the absorbents of the stomach to take up the water to any great extent. It may be needful to give anywhere from a pint to four quarts.

INJECTIONS.

When used daily for cathartic purposes, should be taken at a regular hour, one hour after breakfast being a very suitable time, at a temperature of 85° or 80°. If there is particular inactivity of the bowels, the enema may be rendered more efficacious by lying down, having the water slowly injected, and retaining it fifteen or twenty minutes, if necessary for this purpose pressing externally with a folded towel. Some author has said that it is better to lie upon the right side in taking an injection, and it would seem from the conformation of the intestines that there might be reason in this. Where there is obstinate constipation, it is sometimes useful to take a small cold injection, to be retained, on going to bed at night.

BANDAGES,

To be worn next the body, should be made of heavy, soft linen. The outer, dry bandage may be made of com-

mon cotton muslin, cotton jean, cotton flannel, or, if necessary to keep the person warm, woolen flannels. Both the outer and inner bandage should be made double. The rule for wetting the bandage in chronic ailments is, before it gets dry—say three to five times in twenty-four hours. In acute diseases, particularly if there is much fever, they may need wetting much oftener. It is not necessary that they should be wet in very cold water, if this is unpleasant, but the water should be cool.

ABDOMINAL BANDAGES may be made about six inches wide, and sufficiently long to wind twice around the body, or only long enough to pass around the body once, and meet in front. In the latter case they should be wide enough to cover the stomach and abdomen, and need to be fitted to the form, by inserting gores in the lower part, or taking seams in the upper part.

The WET-JACKET is fitted nicely to the form, having arm-holes, and coming up snugly round the neck, and may reach only to the waist, or it may come to the hips. In this form they are admirable, worn in fevers. They should be made to lap in front, thus covering the chest with four thicknesses of wet linen and of dry cotton. These, as well as the abdominal bandages, may be left dry across the back, if they cause chilliness. In both cases, also, the outer bandage should extend a little over the edge of the wet one.

The THROAT BANDAGE should be about three inches wide, and made to pass once or twice around the neck.

COMPRESSES are limited bandages, as a folded wet

towel, worn over the throat, or chest, or stomach, or liver, and so covered with a dry bandage as to be kept warm.

THE WET CAP

Is made by taking a piece of linen long enough to measure round the head, just above the ears, and from three to four inches wide when doubled. This is sewed together at the ends, and gathered at the upper edge into a round crown-piece. It is wet in cold water and worn on the top of the head, coming down on the forehead, and must be re-wet as often as it becomes *dryish*. It does not add particularly to the attractiveness of one's appearance, but is exceedingly comfortable where one suffers from heat in the head, from chronic congestion, or to be worn in the study or library when thinking is not easy.

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